

Sun

Carmel Valley

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December 12, 1984 — December 26, 1984



What do you want
Santa to bring you for
Christmas?



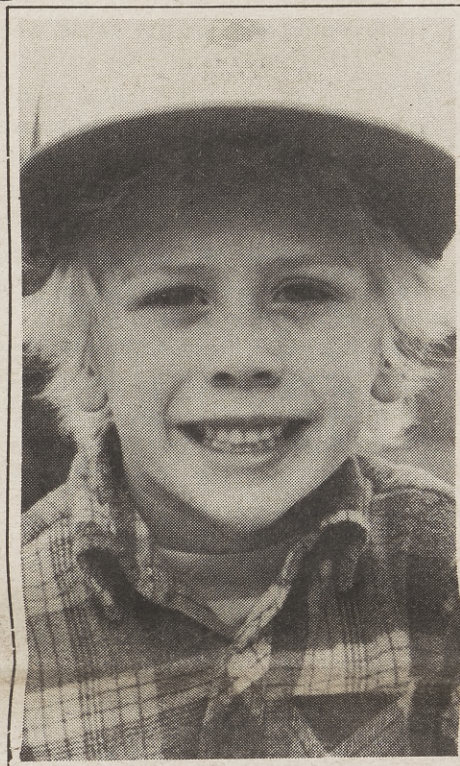
Stewart McDaniel (8)
"Optomas Prime. Oh, it's a transformer."



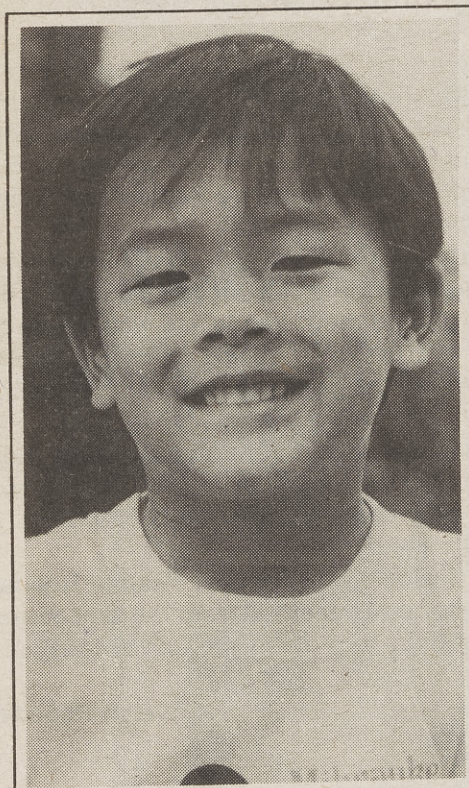
Jennifer Eyerman (8)
"A great big Koala bear stuffed animal."



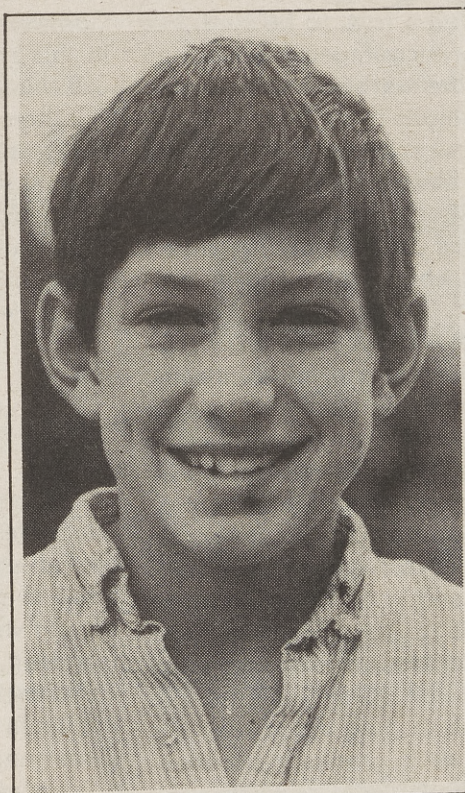
Mandy Clapper (5)
"A Care Bear."



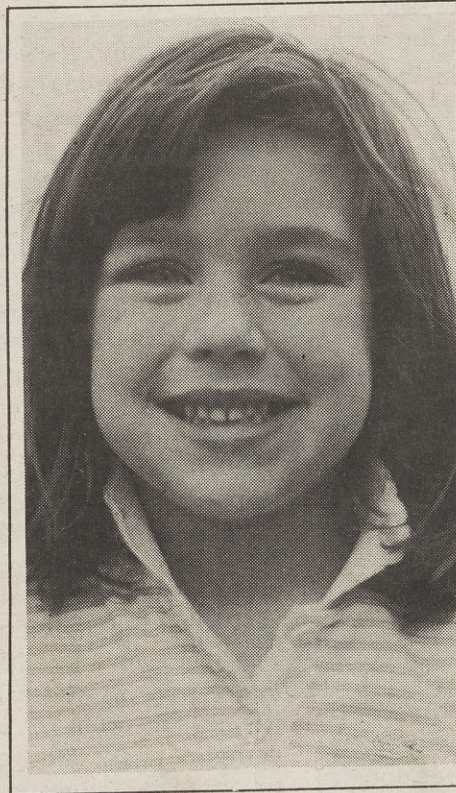
Sage Scherman (5)
"I want a motorcycle."



Mike Sasegawa (5)
"Well, a transformer. It's a thing that changes from a vehicle to a robot. I have two of them already."



Luke Ingram (8)
"More Leggos, but I have 41 more things I want."



Lorna McDaniel (5)
"I want a pair of skates and a little plastic doll."



Michelle Scardina (6½)
"A Cabbage Patch Doll."

Photos by Debi Effron.

LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Shocked And Angered

The teachers of Carmel River School are shocked and angered at some recent comments to the press by Carmel Unified School District board member Susan Bromfield and by Pete Salmonsens, treasurer of Supporters of the Carmel Unified Schools, a support group of the board members being threatened with recall. Mrs. Bromfield refers to a "fear" that "childrens' relationships with teachers may be damaged" if supporters of herself, Mr. Fenton and Mr. Yates make themselves known. Mr. Salmonsens states that "It's an honest fear that there will be some retribution." However, these board members and their spokesman have failed to state that no incidents of this nature have occurred, that fear of such incidents is entirely unfounded and that parents have every reason to trust the experienced and dedicated professionals who teach in our schools.

It is ironic that in the same week in which the Carmel Unified School Board of Education announced the goal of improving staff morale, these slanderous statements should appear in the *Carmel Pine Cone* and the *Monterey Herald*.

We are educators. The word alone indicates a love and respect for children that surpasses all politics. We have been around a long time and suffered through many crises. Parents who know us know the absurdity of these statements.

This is a year of minimal reinforcement for Carmel Unified School District's professional staff. Not only is the "Money Pot" empty but the "Bank of Good Words" appears to have run dry as well.

The Staff Of Carmel River School

Julie Foudy	Joe Lowe
Marilyn Kodani	Elaine Green
Bill Purdy	Nita Cain
Mary Alice Osborne	Donna Robinson
Jack McCormack	Steve Taylor
Mary Ann George	Sharron Douglas
Patrick Allan	Alys Bliesner
Holly Decker	Barara Weingarten
	Berta Bender

Thanks To Many

Dear Friends, Relatives, Supporters;

I would like to thank all of you for your support and donations! I just came back from the CSHA convention in Concord which was a success. It was from November 15th to the 17th.

The competition this year was harder than last year, but I worked harder also. I was determined to succeed this year for my father, my mother, my grandpa Bill Lambert and all the others who supported me.

At the beginning of this year, I was far behind in points for Region Ten. I started working with Freckles, my grey stocky gelding horse, and caught up rapidly in the last 3 months of show season. On September 19th at the State Final Show in Sacramento, I finally caught up and tied with Suzette Tirdall for the buckle of Region Ten 15-17 Western Champion.

After the CSHA convention was over I brought home my horse's awards. He won Western Riding Champion and Trail Horse Champion. These two classes are judged mainly on the horse. Freckles also helped me make it to High Point Champion of Western 15-17. Freckles was 8th place Champion Color Horse and I placed 5th in Equitation Champion for CSHA.

Freckles has worked so hard since 1979, when we started showing at the Whiffletree Awards Series Shows. He has improved a lot compared to when I first got him on May 18, 1979. I'll never forget that date! From that time to now, Freckles and I have received a most improved rider trophy, four CSHA medals, three horsemanship blankets, numerous trophies and ribbons and various platters, along with 7 buckles.

Freckles has become one of my best friends. He has disappointed me at times, but otherwise has brought me a lot of happiness! Freckles has done so much he deserves a break.

I'd like to tell everyone who was at the benefit barbecue on August 4th, 1984 that the barbecue was

really a success. The work that everyone put in at the barbecue paid off very well and I really appreciated all your help. I would like to thank the Cachagua Volunteer Fire Company for the use of their fire house for the barbecue!

I also thank the Los Padres Pack Station, and Princes Camp for their big, heart-warming welcome home greeting saying, "Welcome Home Queen Joleen" and for the big sign in front of Rex White's bar. It made me feel very welcome!

Thank you all very much!

Joleen Lambert
Miss California State
Horseman's Association

Teflon President

After reading Stephan Zimmermann's column I can no longer think of Ronald Reagan as the teflon president. Although well-deserved blame slides off him, undeserved praise clings with incredible force. Zimmermann even attributes reduced fuel consumption in the U.S. to a combination of Reagan's decontrol of prices and the wisdom of Detroit, saying "Reagan's free market pricing policy worked. As retail refined gasoline prices edged up, consumption decreased, and Detroit started to produce more fuel-efficient cars. The rest of the world followed suit."

Zimmermann's free market fantasy is the exact opposite of what really happened. In response to stiff competition from efficient foreign cars in the seventies, Detroit finally woke from its swoon and began to follow suit to produce something besides gas guzzlers, just in time to save itself from disaster. Though pollution laws, anxiety over oil supplies and the government's billion-dollar loan to Chrysler, engineered by the Carter administration, contributed a thousand times more to fuel efficiency than any action by Ronald Reagan. The following quote more accurately describes the situation: "On January 16, 1979, the Shah left town. Within a few weeks the price of gas doubled. This had a devastating effect on sales of our larger cars and recreational vehicles (RVs)...The entire industry was shaken...In a period of five months in 1979, the small-car share of the market rose from 43 percent to nearly 58 percent. Never before in the history of the auto business had there been such a violent change in the market."

The authority who wrote this? Lee Iacocca.

Nor has Reagan achieved anything worthwhile in other reductions of energy use. Consumption has dropped because of increased emphasis on insulation, weatherizing, solar energy, recycling, efficient appliances, pollution control, stricter building codes and industry's attempts to cut expenses by reducing fuel costs through more efficient technology. Many of these improvements resulted from an environmental ethic which has stressed conservation for the past 15 years. Economics played a role, to be sure, but immense cultural changes encouraged efficiency as well. The huge car joined the marbled steak as symbol of gross excess, as millions more people decided it was hipper to zip around in a lentil than luxuriate in the fatty recesses of a filet mignon.

How ironic that Reagan should get credit for all this when his administration has cut back or dismantled so many of the programs which foster energy programs. Certainly it wasn't Gippers policy that led cities like Berkeley and Davis to reduce their energy consumption by 20 to 30 percent. Individual citizens, ecology groups, government and local businesses took the initiative to conserve energy long before Reagan was perpetrated on the U.S., as anyone who has been involved in energy conservation will quickly tell you. The Great Communicator's most notable achievements in energy policy have been to push for more offshore oil drilling and to burn thousands of gallons of fuel flying to his ranch in Santa Barbara where he can pose as Mister Natural chipping wood and riding his horse into the sunset. Seems like Ronnie kin up 'n fry us all in pure crude over his campfire and it still won't stick, thanks to the mental offput of Zimmermann and fellow Criscoids in the media who have lubricated our slide from the rust belt of reality.

Bob Schildgen
Berkeley

Traffic Problem

On Thanksgiving weekend, the near-gridlock traffic throughout the Peninsula signaled serious problems ahead.

Traffic capacity is the ultimate limitation on future development of the Peninsula. Money will buy more sewage treatment plants and another dam to increase our water supply. Money, however, will not move the Pacific Ocean, the Presidio, or the Santa Lucia Mountains.

Insurmountable geographic facts limit our highway system. There can be only one Lighthouse curve connecting old and New Monterey. Only one Holman Highway to Pacific Grove. Only one Highway 1 and Carmel Valley Road. When traffic on these key arteries reaches capacity, there is no escape through construction of alternative routes. We are stuck. Permanently. Geography will not compromise.

Better planning is essential. We must determine the maximum traffic capacities for our key arteries. Given the geographic facts of life, what is the maximum traffic the Peninsula can accommodate? Then, we must consider alternatives for living within these implacable limits, including implications for the tourist industry.

Tourists come to visit the whole Peninsula, not one city. The aquarium increases traffic to Big Sur. Visitors to Spanish Bay will patronize Carmel restaurants. Planning for tourism must be Peninsula-wide.

Unfortunately, there is now no organization for Peninsula-wide planning. The city mayors should meet with the new 4th and 5th District Supervisors to formulate a joint powers agreement or other institutional arrangement to prepare the needed plans. If we learn the lessons of Thanksgiving weekend, we may yet have something to be thankful for.

Dick Heuer

Almost Apologized

It's a hard thing to do, but I was ready to apologize to Jack Swanson for claiming he sold the land to COMSAT, until I read "Reel 525, pg. 1061" at the County Tax Recorder's Office which reads:

"Appendix A to Jamesburg Earth Station Ownership Declaration: 1.) Grant Deed from Jack N. Swanson and Sally Swanson, his wife, to Communications Satellite Corporation" dated August 24, 1967 and recorded September 14, 1967. In the official records of Monterey County in Reel 522 page 260 two other parties who also sold to COMSAT are mentioned—Lamberts and Russells. This Appendix also records additional right of ways granted in the deed. Yours is recorded Vol. 1881, pg. 492.

I think truth is a noble attribute, don't you? I also think working for an honest living is what most folks enjoy in life, and no man is an island who needs no one. Beside the great principals in honest World Communications, the great jobs offered are needed in this area.

If microwave is the issue of harm to the area, how is it there are so many long time employees with normal health? (and all vegetation about COMSAT is normal for the area?)

In closing, I wish a most Happy, Healthy Holiday to all those who have benefited from the sale or purchase and continue to pray for the Christmas Blessing of Peace on Earth.

Evelyn Rhoades

OOPS

Last issue held a few errors that need correcting. Diane Newton was not given credit for her article on the Advent Calendar which has been continued in this issue. In announcing the Ventana Wilderness/Cal Rep benefit we said Victory Toyota was in Santa Cruz. It is indeed, located in the Seaside Auto Center. Last, Guild members were given headline credit for raising funds for famine victims. It was the Carmel Valley Community Chapel members that raised the funds.

As always, apologies go with these corrections.

Santa Is On His Way

Would Santa miss his annual visit to Carmel Valley? Not a chance. And, don't you miss him when he arrives at the Carmel Valley Airport on December 15.

Flying in from the North Pole with the help of his faithful elf, Don Cummings, Santa will arrive in the Village at 11 a.m. He will then board a sleigh provided by the Carmel Valley Kiwanis Club and parade through the Village to the Community Center.

Grand Marshall, Randy Randazzo, on his stalwart mount, will lead the parade from the airport, to Flight Road. From there the parade proceeds down Carmel Valley Road to Pilot, to Via Contenta, to Ford then to the Community Center.

Behind Randazzo will be the Fort Ord Color Guard and the Fort Ord Band. They will be followed by Santa and Mrs. Claus. The Carmel Valley Fire Trucks will be part of the procession and will carry as many children as they can hold on a first come first seated basis.

Other parade participants include the Brownies, the 4-H club, antique cars, The Women's Resource Center, Clowns and many others. If your group would like to participate call Louise Riddell-Kaufman at 659-3983, mornings.

The festivities continue at the Community Center. Children wishing to see Santa and Mrs. Claus will need to take a number and wait their turn. Those that wish may also purchase tickets for \$1.50 to have their picture taken with Santa and Mrs. Claus.

Entertainment will be provided for those waiting for their number to be called. There will be face painting by Lannette Berge and Robin Burnett will

give tractor rides. Other activities and games are planned as well. Lunch of hot dogs and cider or a snack of popcorn may also be purchased during this time.

Various Fire Departments Will Help Santa Deliver Packages

After Santa finishes at the Community Center he has a busy schedule ahead of him because, as parents and children know, Santa makes this annual trip to the Valley to check his list twice, but only with the help of our local fire department volunteers. Participating fire departments include the Cachagua Volunteers, the Carmel Valley Fire Department and the Mid Carme Valley Fire Department.

The volunteers will escort Santa to the homes of the good little boys and girls where deserving children will receive a gift, specially prepared by local elves. All the elves are reminded to have the child's name, address and phone number on their gift and to get it to the fire department within their district before the deadline.

The deadline to drop items off varies with each district. For the Cachagua Volunteers, the deadline is 4 p.m. December 24. Items can be dropped off at the Pack Station. For more information call Dusty Eaton at 659-2293, Ext. 34 or Rayma Freitas at 659-5224. Packages to the Carmel Valley Fire Department must be in by 3 p.m. December 24. The Mid Carmel Valley elves must get their gifts in by 5 p.m. December 23.

Santas helpers ask that elves limit their gifts to one package per child, and that house directions be included on packages if the house is difficult to find.



Mid Valley Fire Department Has Fire Safe Gifts

"Give a gift that protects your friends or loved ones," said Sidney Reade, Public Education Officer for the Mid Carmel Valley Fire Department. Smoke detectors are available gift wrapped for \$10.60 including tax at the Mid Carmel Valley Fire Department. The smoke detector comes complete with battery, screw mounts, instructions and fire safety information. "It's a hot item this year," she added.

Stocking stuffers are also available

said Ms. Reade. "If you have a smoke detector, chances are it needs, or will soon, a new 9 volt battery. These are available free to Mid Valley Fire District residents with smoke detectors and for \$2.50 for others," she said.

The Mid Carmel Valley Fire District "Wake Up and Escape" smoke detector and battery replacement programs are non-profit public education programs and are funded through donations.

Hospice Will Offer Memorial Christmas Tree

Many times a bereaved person does not want or care to decorate a home for the Christmas Holidays, but they do want to remember their loved ones in some special way.

The Hospice of the Monterey Peninsula is providing a Christmas tree at the Resource Center, 578 Houston Street in Monterey, for those who wish to hang ornaments in the name of a

loved one.

"We are encouraging the community to participate by bringing ornaments to the Center from 9 a.m. to 5 p.m. weekdays as of December 14," said Gael K. Gallant, Director of Community Affairs for the Hospice.

For more information call 625-0666.

FRI & SAT SPECIALS

Murphy Lumber

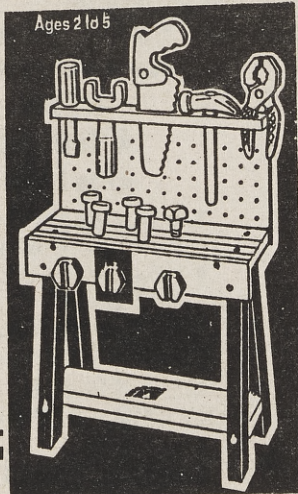
In the Carmel Valley Village 10 West Carmel Valley Road



Hours—Monday thru Friday 7:30—5:00
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Includes frost white 12 1/2 in. serving platter, 2 qt. bowl,
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Carmel Valley Sun

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The Cover

We'll see who's been naughty or nice.

County Dispels Water Contamination Rumors

Recent investigations by the Monterey County Health Department have dispelled rumors that we may have contaminated drinking water.

The rumors began circulating after several outbreaks of giardia, a communicable parasitic illness, were reported. Twenty-two cases were treated in the Carmel/Carmel Valley areas between early August and the end of October. Symptoms include diarrhea, abdominal pain or bloating and loss of appetite.

Since the giardia parasite is transmitted through fecal contamination within water, septic overloads into our water supply was originally suspected. In tracking down the source, however, County investigators were not able to trace the disease to the water. The exact source is still unknown.

According to the investigators, two

common sources of contamination are insufficient washing of hands after changing baby diapers before preparing food and taking diapered children into swimming pools or lakes. Those, the County identified as a more likely source of contamination in all the known cases. At least six of the cases came down with the disease after attending the same function.

Dr. Paul Tocchet, who treated many of the cases said the giardia parasite is found everywhere in nature. Many times, he said, someone will come down with what they think is a bad case of the flu when they actually have giardia. They endure the symptoms and it passes. "They get over it in time," he said.

Though there was some temporary source of infection in the Village, according to Dr. Tocchet "if it was in the water we'd expect a lot more people to

come up with it."

Dick Heuer, one of the Directors of the Monterey Peninsula Water management District, monitored the county investigation and agrees with their conclusion. "Septic overloading is a potential problem for our water supply and requires continuous vigilance," Heuer said, and added that the County investigations showed "it probably did not cause the recent giardia cases."

Giardia is becoming more prevalent nationwide. The two main reasons for this, explained Dr. Tocchet is that more people are reporting it when they are infected and, people are traveling more and spreading it or bringing it back with them. He ended by saying, every year some people come up with it. "This year we just seem to have more. It may look like we're having an outbreak, but we're looking for it too."

Eight Families Donate Easements To Trails Efforts

The Carmel Valley Trails Association recently got a boost when eight families contributed a 15 foot wide easement across their respective properties to the Monterey Peninsula Regional Park District. The easements, which total 3,300 feet and are located immediately east of Garland Park, are part of the Trails Association's efforts, in conjunction with the Regional Park District, to improve public access to Garland Park.

The families were recently commended for their contribution to the trails system at an informal gathering sponsored by the Regional Park District at Garland Park. Among those honored were Dale Vandervort, Virginia Bell, Robert and Linda Broyles, Judy Leavelle, Adriene Engle, Rod and Anne Mills, Richard and Sandra Ellis and Jack and Martha Thornton.

At the gathering, Zad Leavy, President of the Board of the Park District commended the eight families for their generosity and cooperation in the long-planned effort to establish trails in Carmel Valley. Leavy mentioned that trails have been a part of every county master plan since 1946 but unfortunately, Monterey County has few trails open to the public outside of existing parks. He also commended the Trails Association for their part in obtaining the easements.

Encouraged by the easements, Rod Mills, President and one of the prime movers of the Trails Association, said "the association will take a great deal of strength from this contribution," and added that efforts to obtain connecting trails throughout Carmel



Families donating easements for hiking and equestrian trails were honored at an informal gathering at Garland Park November 28. Pictured (from l to r) are Anne Mills, Judy Leavelle, Dale Vandervort, Rod Mills (C.V. Trails Association president), Zad Leavy, President of the Board of the Park District, and Robert Broyles.

Valley will continue. "We'll see where the trails are and where they aren't and then fill them in."

The trails are not yet open to the public but will be when negotiations are completed with two intervening property owners. Once open, the Regional Park District will be responsible for the trails.

The long range goal of the Trails Association and the Regional Park District is to have a connecting trail system along the Carmel River corridor from the ocean to east of the Village; trails along or near both the north and south ridge lines; and subsidiary trails that will interconnect the ridge trails to the river trail.

Monterey County Parks Department Is Seeking Volunteers

The Monterey County Parks Department is recruiting volunteers to be part-time receptionists at the main office in Salinas. Positions are needed for two shifts: 8 a.m. to 12 noon, and 1 p.m. to 5 p.m. Duties include greeting the public, in-person and on the phone, light typing and other clerical projects as required.

No previous experience is necessary. All that is required is that applicants have a pleasant manner with the public and that they are willing to learn about the office operations of the Parks Department.

For more information call the Volunteer Coordinator at (408) 424-1971.



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Post Office Services Offer Hope For Late Shoppers

You've waited until the last few days before Christmas and you want to be sure your present will arrive in time. What can you do? Use the last-minute shoppers' and mailers' solution. It's called Express Mail Next Day Service, and it's available at the local post office.

"With Express Mail Service, customers can reach a large number of cities overnight," says Carmel Valley Postmaster Terry Williams. "You can mail a package one day and have it reach the address by 3 p.m. the following day." Customers also have the option of having their Express Mail package available for claim at the destination post office by 10 a.m. the next business day.

Express Mail offers weekend and Christmas Day delivery in the larger offices to the addressee at no extra charge. From here, Postmaster Williams says, many cities can be reached via the Express Mail Next Day Service network. And those which cannot be guaranteed overnight delivery from this office are likely to be found on the network of offices with an earlier dispatch, such as Carmel or Monterey.

Items weighing up to 70 pounds can be sent by Express Mail. The service includes merchandise insurance coverage up to \$500 at no additional charge. Also, the sender can apply for a full refund if a shipment is late.

A package weighing up to two

pounds mailed from here costs \$9.35 for delivery to the addressee and \$5.85 for post office to post office service. A 10-pound package mailed to Atlanta, for example, would cost \$19.40 for delivery to the addressee and \$15.90 for post office to post office service.

Contact the post office for information about cities that can be reached from here via Express Mail Service.

Another fast way to mail Christmas packages is Priority Mail, which affords First-Class handling for packages weighing over 12 ounces and up to 70 pounds. It's fast and consistent, offering next-day delivery up to 150 miles from the originating post office and delivery in three days anywhere in the United States.

"It's the ideal service for people who want prompt package delivery yet would like to avoid the higher cost of Express Mail Next Day Service," said Williams.

Priority Mail can be sent from any post office, station or branch or through rural carriers to any address in the United States and even to foreign countries. The service is available with insurance, return receipts, COD, certificates of mailing and special delivery.

Customers interested in Priority Mail should contact the Carmel Valley Post Office for details.

The Carmel Valley Post Office will be open Saturday, December 15 from 10 to 2 for all window services.

"Poetry Shell" Announces Winners In Various Verse Categories

The *Poetry Shell*, a non-profit magazine of verse published every six months, announced the winners in the Autumn contest in various categories of verse. Two Carmel Valley residents are among the top prize winners for their poems.

Ethel J. Costagliola was the first prize winner in the Light Verse category, and Chris Bosso won a third place prize in the Teenage Verse categories. Ms. Costagliola's poem is titled "Good Mourning, America!", which was about television. Bosso's poem, titled "Paper, Pen and Pencil", as Chris explained, was a funny poem about how the three items "torture us." Along with other prize winners their poems appear in the current issue of

Poetry Shell which is available in bookstores around the Peninsula.

Other prize winners in the various categories included: Serious Verse, first prize, Christina D. Pack, Salinas; second prize, Clirrod L. Wolf, Pacific Grove; third prize, Carolyn Mary Kleefeld, Big Sur. Light Verse, second prize, Bea Siegel, Monterey; third prize, L.J. Hartley, Marina. Teenage Verse, first prize, Katherine Egerton, Monterey; second prize, Kristina Fernandez, Pebble Beach; additional third prize, Mary V. Howard, Fort Ord. Juvenile Verse, first prize, Karen Migdale, Carmel; second prize, Ashley James, Carmel; third prize, Mary Katherine Garcia, Pebble Beach.

In Memory

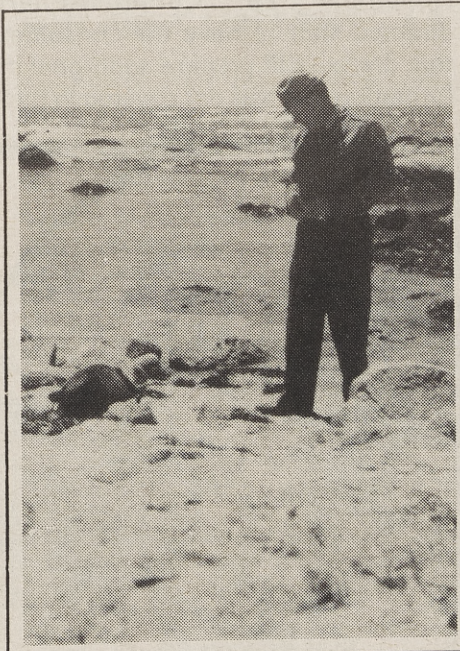
Lester A. Golden

Lester A. Golden, a retired California State Fish & Game warden whose assignments included Pismo Beach and Monterey County, died Sunday, December 2 at the Hospice of the Monterey Peninsula. He was 76.

Born June 15, 1908 in Coloma El Dorado County, Mr. Golden began his career with the California Dept. of Fish and Game at the lake Tahoe Hatchery in 1935. He retired in 1969.

One of his many goals in Carmel Valley, where he lived since 1954, was to preserve the natural beauty and fish and wildlife along the Carmel River.

He is survived by his wife, Ruby Golden, his three daughters, Heather, Leslie and Diann, and three grandchildren.



Shelly Sachter Wins Photo Contest

Edible landscape has always been a prime interest of Shelly Sachter, who owns Shelly's Kitchen in the Village. Recently, his interest won him first prize in a contest sponsored by "Gardens For All", a garden magazine published monthly.

Sachter entered a picture of his garden (shown above) in August. His photo won first prize and, along with other contest winners, appeared in the December 1984 issue of the magazine.

As can be seen from the picture, the garden, which he fondly named "Alice's Garden", is on a steep, easily eroded hillside that was once covered with chaparral. Sachter had to build terraces to get any flat surface at all and says he removed every bit of Chaparral by hand. Now he grows a wide assortment of vegetables and fruits, both for himself and for his restaurant.

Sometime in the future Sachter said, he might like to try and make a living doing edible landscaping, but that would be when he doesn't have the restaurant anymore, he said. For now, he's content to grow his vegetables and serve them to his customers.

Deadline For Decorating Contest Draws Near

The deadline for entrants in the Christmas Decorations Contest sponsored by the Chamber of Commerce serving Greater Carmel/Carmel Valley has been set for December 15. Participants can enter the contest by calling the Chamber office at 659-4000.

The contest is open to homeowners and businesses in the Chamber's area

of influence. Large shopping centers that decorate their entire areas are not eligible this year.

Judging will take place between December 15 and 22. Winners will be notified prior to Christmas.

Heading the contest committee this year is Jo Lomanto of the Bank of America.

Mon-Thurs 11 a.m.-7 p.m.
Fri-Sat-Sun 11 a.m.-11 p.m.

THE
NEW YORK STYLE DELI
Delicious
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HOMEMADE CHICKEN SOUP • KISHKA • LOX
HERRING • KNISHES • CHEESE BLINTZES
CHICAGO HOT DOGS • HOT VIENNA PASTRAMI
CORNED BEEF • NEW YORK EGG CREAM
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FREE PARKING IN AMERICAN TIN CANNERY LOT

(OWNER/OPERATOR)
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NEW NAME**
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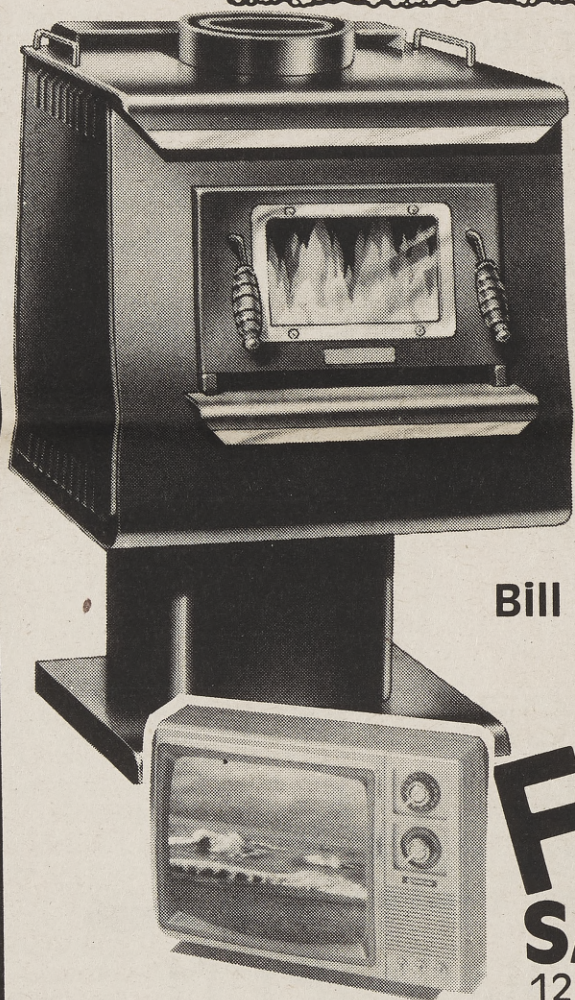
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fine  or inserts:



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Model 202-BR
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Stove
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Bill will GIVE you a

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12 inch, B/W, AC/DC
TELEVISION
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A FULL LINE OF:

- AIR TIGHT STOVES
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SUNSET, CUSTOM DESIGNED
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Plus SAMSUNG
REFRIGERATORS • AUDIO PRODUCTS •
MICROWAVE OVENS • B/W OR COLOR T.V.

More On Advent Calendars

by Diane Newton

Last issue we introduced a collection of dates from around the world which make up the seasonal celebrations before and after Christmas. We continue the story with even more dates.
December 16—Posadas Days

This day marks the posadas in Mexico and other South American countries when processions set out to reenact Mary and Joseph's search for shelter. (Posada is Spanish for 'inn'.)
December 19—Hanukkah

Eight-day Jewish festival of lights which commemorates the rededication of the Temple.
December 21—St. Thomas's Day

St. Thomas the Apostle's feast day. This is a day with many unrelated customs and beliefs. In England poor people went begging for food for Christmas. In many countries it was a day for student's pranks against their teachers. In the Tyrol peasants eat a

pie of dried fruit and sprinkled with holy water called 'zelten'. In Finland a special Cross of St. Thomas is hung on doors or in windows. St. Thomas's Eve is supposed to be one of the uncanniest nights of the year and a special time for divination.
December 21/22—Winter Solstice

The shortest, darkest day of the year. Many pagan customs associated with death, rebirth and the survival of the sun used to take place on these days.
December 23—John Canoe Day

John Canoe a leader of black traders in Guinea in 1720 gives his name to this month-long Jamaican festival.
December 24—Christmas Eve

The Eve of Christ's Birth, celebrated with reverence and fasting, or family parties and feasting. The final preparations for Christmas are made, the Yule log is lit. Sometime during the even-

Continued on page 24

River Management Program Offers Hotline

The Monterey Peninsula Water Management District, through its Carmel River Management Program has implemented the "Carmel River Erosion Potential Hotline." This hotline is a public service of the Water Management District and is for the purpose of informing the residents of Carmel Valley of the potential for erosion and flooding along the Carmel River during rain events.

The hotline will be in operation from December through April each year and will provide residents with approximate flows in the river, and with a rating from 1 to 10 which will indicate

the potential the river has for future flows and associated problems.

Typical ratings and associated conditions are: 1—No anticipated problems; 3—Saturated ground conditions present; 5—Conditions present for problems to occur; 7—Riverbank erosion likely, spot flooding possible; and 10—Widespread flooding or erosion anticipated.

The recorded message on the hotline will be updated daily, and more often as conditions warrant during storm events.

The hotline number is 649-1993.

Open Burning Issue May Be Continued

A hearing on open burning has been scheduled by the Monterey Bay Unified Air Pollution Control District for Thursday, December 13. The hearing begins at 1:30 p.m. in the Watsonville City Council Chambers at 250 Main Street, Watsonville.

The District will be considering the recommendation to ban backyard burning except for single- or two-family dwelling parcels of more than one contiguous acre in Monterey Peninsula/Carmel Valley smoke sen-

sitive areas.

The APCD staff have recommended the issue be continued to the January 17 meeting or later to provide staff-time to consider comments and proposals obtained during the public meeting held in Carmel Valley on December 5th. The Advisory Committee have also recommended the agenda item be continued but staff were not able to say whether the Commission would actually continue the item or not.

Comsat EIR Sent Back To Preparers

Certification of the Environmental Impact Report on the proposed expansion of the Jamesburg Earth Station was continued when the Monterey County Planning Commission met on November 28. Commissioners directed staff to have the consultant that drafted EIR prepare additional information that was not covered in their

response to questions raised by community members.

Russ Lambert, Land Use Planner for the County, said the consultants are expected to have the additional information available by Christmas. After that, Lambert said they hope to reschedule the hearing for the project in late January.



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10:30 a.m. — 5:30 p.m.

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Stocking Stuffers
& Holiday Party Supplies

Village Shopping Center
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Last Minute Shopping

by Diane Newton

Now that the Christmas season is upon us, it's time to think of gifts for all your favorite people. Many of you, wonderfully organized or not subject to the uncertainties of fortune, have probably been shopping since mid-summer. But for those of us who have put off gift buying until the holiday season descended full blown upon us, here are some ideas that may be helpful to you, remind you and even inspire you. If you're frantically trying to find something new and interesting for Auntie Alma, Uncle Harry, little Joshua or Melissa, here are some low cost, even no-cost gifts to consider.

Usually every gift starts with a thought from the heart and anything that comes from your heart or home will be sure to be enjoyed and appreciated. You can add to this list as you begin to see that the possibilities are endless. Use it as a reminder for other special dates throughout the year; birthdays, anniversaries, Mother's Day or Father's Day.

Food is always welcome especially if it is unusual or something that the recipient wouldn't necessarily make for his or herself. If it is accompanied by an item that enhances the dish or facilitates its serving it becomes the total gift. And to give it that final touch, a perky bow, and/or a special card.

Exotic Fruits

An unusually shaped basket filled with kiwi fruit, papaya, mango, pomegranate or persimmon or a combination of fruits. Tie a large ribbon around it and tuck in a lime or two. A basket of large D'Anjou or Bosc pears accompanied by a good, sharp paring knife and a wedge of good, sharp cheese.

Dried Fruits and Nuts

A flat tray-like basket with an assortment of dried fruits and nuts. Pitted



dates filled with a quarter of a walnut, mission figs, shelled almonds, honey-dipped pineapple slices, shelled pecans, dried papaya, dried apricots, shelled hazelnuts. Arrange attractively and cover whole basket with saran wrap and tie with a large red ribbon.

Assorted Coffees

Choose an assortment of coffees from around the world. French Roast, Columbo Supremo, Viennese, Italian, Kenyan, Turkish, Greek, Cuban and Jamaican. Grind beans appropriate to your friend's way of making coffee and package in a covered basket or even a medium sized burlap coffee sack tied with a large bright bow.

Assorted Teas

Consider a pretty teapot, with an assortment of teas tucked inside. Black teas which include varieties such as Pekoe, Orange Pekoe, Oolong, Suchong, Green and Jasmine. Herb teas such as, Camomile, Peppermint, Comfrey, Lemon Grass, Rose Hip and Raspberry Leaf.

Jams and Jellies

How about a selection of jams, jellies and marmalades? An assortment of miniature jars can be found in delicatessens, or even three or four large jars from the supermarket would be appropriate. In addition to the familiar raspberry, grape, apple, plum, apricot and pear jams and jellies, consider trying more exotic fruit jams. Guava, damson plum, grapefruit, tomato, quince, crabapple and jalapeno. If you do your own yearly canning consider putting up some small jars of jam and jelly to be used for gifts. You could also combine a gift of jams, jellies or marmalades with some newly baked bread or rolls and even some cream cheese and crackers.

Breads

An assortment of quick breads, wrapped in tin foil with a bright red, green or plaid ribbon, are always welcomed. Try Irish Soda Bread with currants, Cranberry/Orange bread, Zucchini bread, Pumpkin bread, Banana Nut bread, Almond Tea Bread, or Greek Christmas bread. You can bake these in mini-loaf pans or even muffin tins and be sure to tuck in a recipe card.

Pesto Sauce

Pesto sauce combined with a pound of fresh pasta or some small new potatoes or even some fresh fish fillets is also a nice gift to give. Here's a good recipe especially quick if you have a food processor or blender.

2 cups fresh basil leaves; 1/2 cup olive oil; 1/4 cup pine nuts; 1 clove garlic; 1/4 cup freshly grated Parmesan cheese; 1/4 cup freshly grated Romano cheese; Salt to taste

Mix basil, olive oil, pine nuts, garlic, cheese and salt at high speed, until well blended. Be sure to chill if not serving or giving immediately.

Salad Dressings

Another delightful gift is a selection of your special homemade salad dressings. How about a vinaigrette dressing for green salads, a honey-yogurt dressing for fruit salads or homemade blue cheese dressing with walnuts? Then there is homemade mayonnaise, a special treat prepared by a true friend, a variation is green mayonnaise, perfect for seafood and vegetable dishes. Try this recipe:

Parsley sprigs, Watercress leaves, Spinach, Homemade mayonnaise, Chopped chives or tarragon, Lemon juice, Salt.

Blend in blender or food processor until thoroughly mixed. Chill for several hours before serving.

Chocolates

Then there is chocolate for the chocolate lover. Fudgy brownies, chocolate chip cookies, chunks of fudge, a jar of fudge sauce and the piece de resistance, truffles.

1/4 cup heavy cream; 2 Tablespoons Grand Marnier; 6 ounces German's sweet chocolate, broken up; 4 Tablespoons sweet butter, softened; Powdered unsweetened cocoa.

continued on page 9

Fidelity Group Will Hold Pot Luck Gathering

The Carmel Valley Chapel Fidelity Group will hold a pot luck lunch on December 19 at 6 p.m.

The event will offer an evening of sharing as well as musical entertainment. Members and guests are requested to bring a donation for the traditional Christmas food basket which will be given to a needy Carmel Valley family. Music will be provided

by the group "All In Good Time," an Irish, Cajun, old-time American band. The band features Patty Walters on violin, Bill Sullivan on base, Mariani Didyk on pennywhistle and percussion, Steven Felts on concertina and Pat Clark on guitar.

For more information call the Chapel at 659-????.

Republican Women's Club Will Meet December 13

The Carmel Republican Women's Club will hold a luncheon meeting and installation of officers for 1985 at the La Playa Hotel on December 13. The meeting will begin at 11:30 a.m.

The guest speaker for the event will be Eric Seastrand, Assemblyman for

the 29th District. The public is invited. Those attending are requested to bring non-perishable food items for distribution by the Salvation Army. For information or reservations call Ruth Tully at 375-9005.

Mid Valley Merchants Will Sponsor A Christmas Fair Day

The Merchants Association of the Mid-Valley Shopping Center will sponsor a Christmas Fair Day on December 15 at the shopping center located on Carmel Valley Road.

Santa will arrive at 2 p.m. on a sleigh

drawn by a team of Percheron horses and will be giving free rides to children. Music will be provided by the Carmel Middle School Choir and Band. Free refreshments will also be available.

Beaded Evening Bag
\$65.00

Birds
\$65.00 pr.

Come Join Us
For Coffee & Cookies
Monday, Dec. 17

Angel Music Box
\$35.00

The In and Outdoor Shop

Gifts from all over the world

FREE Gift wrapping/UPS service available
9:30—5:30 Mon.—Sat., Closed Sun.
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Carmel Valley Village



Photo by Debi Effron.

Middle School Honors Announced

Middle School Principal, Frank Lynch, recently announced honors students for this semester. The honors students pictured above include: **High honors (4.0): 6th Grade**—Heather Andrews; **8th Grade**—Heather Arnold, Jason Lande, Cindy Nishiguchi, and Norman Spaulding; **Honors 3.9—3.2: 6th Grade**—Forrest Melton, Michael Yoon, Kelley Allen, Suzanne Baker, Janine Maraver, Denise Nishiguchi, Stephanie Travaille, Alana Brown, Molly Martin, Derek Moulaison, Keren Robertson, Andrew Rotharmel, Steve Watts, Brandy Brushert, Mark Fanderl, Sanford Owings, Catherine Spaulding, Melisande Amos, Hami Knight, Basil Pappas, Crista Silver, David Skogerson, Amy Tarantino, Grant Heinrich, Dawn Kavanagh, Nelia Morago, Jennifer Powers, Debbie Shugart, Tiffany Tilney, Clas Brown, Gianna De Persiis, Sabrina Hoover, Jenny Leece, Gina Serrano, Mike Shannon, Mario Cunha, Dan Kurz, Maria Souza, Suzanne Strohlein, and Kristie Zook. **7th Grade**—Vicki Harrison, Uwey Prasert, Emily Rubin, Jessica Westcott, Erica Clark, Mariah Derr, Sara Kellser, Garrett Morriss, Derek Bonsper, Tom Hawkins, Karina Keyston, Lars Lindgren, Skye Morgenrath, Margaret Snow, Annabelle Webb, Brody Womer, Augustine Acuna, Micaela Byrne, Braulio De Anda, David Elsberry, William Stott, Shannon Berge, Jennifer Carey, Hans Hess, Erica Lewis, Katie Mayers, Larissa

Moore, Christine Mullen, Jennie Alexander, Anna Allaire, Cambria Cleary, Matthew Dickerhoof, Tamiko D'Ombra, Miguelin Dominguez, Erin Gibbons, Josh Randall, Shannon Rowley, Basil Sanborn, Keira Schaurer, Bliss Simon, Benno Weiner, Bret Abernathy, Josh Beddingfield, Jenny Bourquin, Lesa D'Ambrosio, Alyssa Dunn, Kristen Griffon, Steven Irish, Cynthia Mar, Ian Martin, Ivo Staiano, Mara Veveris, Charmy Hacker, Blake Jackson, Christopher Karachale, Chris Prieto, Leslie Sincoff, and Jason Stephens. **8th Grade**—Lisa Barish, Diana DiStefano, Christine Dunne, Alain Wing, Carl DeCius, Adam Green, Holly Powell, Cynthia Powers, Marty Faber, Will Griffith, Julius Kim, Maria Lee, Joshua Rowley, Storey Washburn, Nori Zellmer, David Cutler, Chris Lowe, Eric Shiffman, Jennifer Boal, Clyde Klaumann, Rachelle Mesquit, Kristie Andersen, Jennifer Bewley, Trece Binford, Anthony Boyd, Sean Morton, Annika Newell, Carol Newman, Darin Nicholson, Jeffrey Ryan, Sunny Scollan, Tnaya Watters, Kari Bernardi, Patricia Fabre, Lexi Klein, Holly McDevitt, Jeremy Miller, Kimberly Rullman, Jeffrey Slabaugh, Christian Storm, Joey Suwada, Steven Szaszy, Nicole Zanides, Kyle Zook, Eric Cederstrom, Davin Gardner, Steve Martignoni, Jamie Newton, Rebecca Slate, Tiffany Trotter, and Jason Watts.

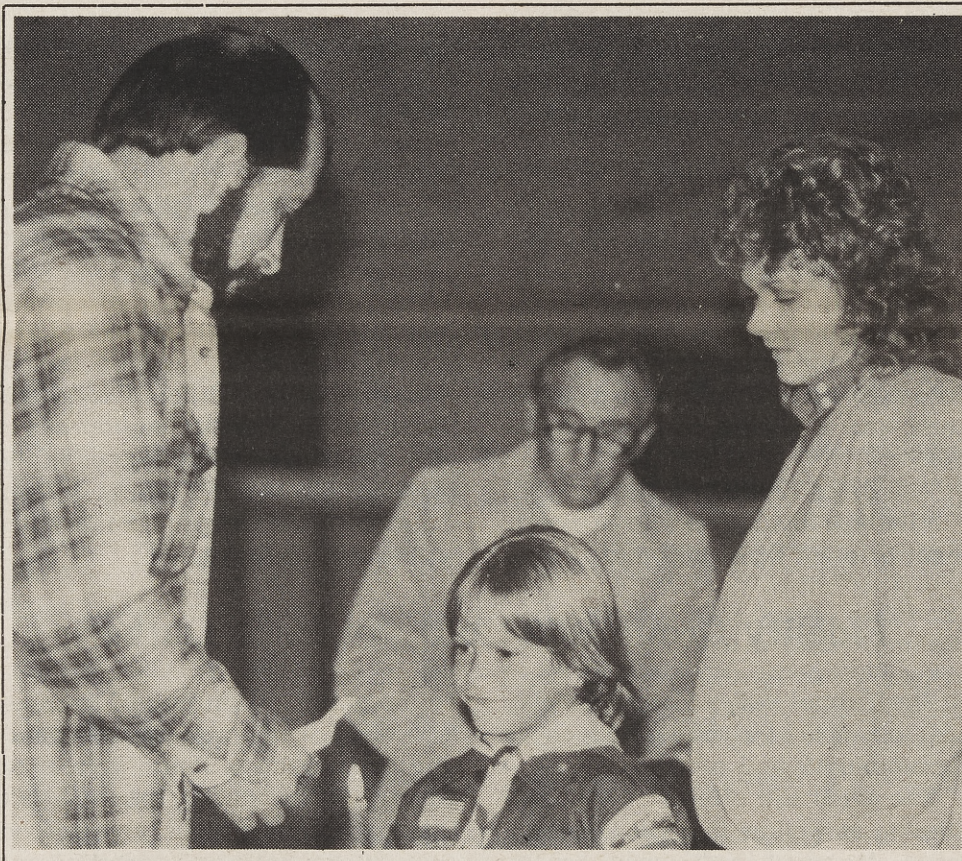
Sierra Club Outings

Buzzards' Roost and Garland Ranch are the next two outings scheduled by the Sierra Club.

The Buzzard's Roost hike is scheduled for Saturday, December 15. Hikers will explore the Pfeiffer Big Sur State Park starting with a climb to Buzzards' Roost. The trek then goes to the other side of the park to enjoy lunch and a visit to Pfeiffer Falls as well as a climb along the Valley View trail. Hikers need water, lunch and carpool dona-

tion. Those interested will meet at Brinton's at 8:30 a.m. Carmen Remenyi and Bob De Yoe will lead the hike.

On Sunday, December 16, hikers will take a moderate 6 mile trip up Maple Canyon and on up to Snively's Ridge. Lunch, water and a carpool donation are needed. Hikers meet at 9 a.m. at Brinton's or at 9:30 a.m. at Garland Park. Merrill Jones will lead this outing.



While his mother, Susan, looks on Lee Murray receives a patch for his promotion to the Rank of Bobcat. Nine other scouts also received patches from Russ Murray, Cubmaster of the newly formed Pack 127.

New Cub Scout Pack Formed

A new Cub Scout Pack for Carmel Valley is emerging, Cub Scout Pack 127. Their meetings are held every Thursday at 3 p.m. in the Tularcitos multi-purpose room. Boys age 7—11 are eligible to join.

The recently formed Pack held its first meeting November 29 when they received their Charter and an award for 100 percent subscription to Boys' Life. In its brief existence, the new Pack has already expanded to seventeen Scouts who are divided between the Wolves Den, the Webelos Den, and the Bear Den.

Cubmaster for the new Pack is Russ Murray, assisted by Frank Allard. Den Leader for the Wolves is Donna Lewellen, assisted by Janet David. Den Leader for the Webelos is Paul De Shong, assisted by Nancy Hodge. The Bear Den still needs a Den Leader. Anyone interested in the position can call Russ Murray at 659-5277; or com-

mittee Chairman, Bud Carlson at 659-4054.

Newly appointed as Cub Den Coach is Brian Allen. Other Pack members include Becky Sullivan, Allison Reeves (Secretary), Susan Stapleton (Treasurer), Janet David (Hospitality), Carol Rice (Publicity), Janice Demayo and Frank Dice (Outings).

At a recent meeting 10 of the Scouts were advanced to the initial level of Bobcat. Among those being advanced were Frank Allard III, Brian Allen, Gianni Aliotti, Christian David, Aaron Hodge, Chris Knight, Paul Lewellen, Lee Murray, Jim Rice, and Ryan Sullivan. Also, Webelos Scout, Brian De Shong, was presented with three activity badges: Aquanaut, Craftsman, and Engineer.

For more information on the Cub Scout meetings call Russ Murray at 659-5277 or Donna Lewellen at 625-2714.

Holiday Greetings from the Bakery

New this season:
Pumpkin Pies
(made with real cream)

Banana Nut Bread
Orange Pecan Bread
Russian Tea Cookies
Pecan Crunch Cookies

PLEASE
PRE-ORDER

Trays of tea-sized
cookies can be made
for your parties and
special gatherings.

PIES AVAILABLE

Pecan, Mince Meat,
Special Apple, Pumpkin
Cherry, Apricots
Blueberry, Boysenberry
PLEASE PRE-ORDER

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Holiday
PARTY TRAYS
from the Deli**

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Sunday
8:30 A.M.—11 P.M.
Monday—Saturday
7:30 A.M.—11 P.M.



Crosswords PLUS

Edited by Stanley Newman
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See Answers on Page 16

Sound Effects, by Stanley Newman

ACROSS

- 1 Denomination
- 5 April is his cruelest mo.
- 8 Texas armadillos
- 13 Reveal
- 17 Beginning of culture?
- 18 Kind of change
- 19 Tale of the South Pacific?
- 20 Whistle
- 21 Whimper
- 23 Laugh
- 25 Coxa location
- 26 Cleverness
- 28 Darken
- 29 Kyser
- 30 Deli delight
- 32 College growth?
- 33 Curmudgeon
- 36 _____ vobiscum
- 37 Best
- 39 Lunch for Rickover?
- 42 Encircle
- 43 Mutter
- 45 Yarnell, e.g.
- 46 California fish
- 48 Heraldic colors
- 49 New Mexico tribe
- 50 "Love Boat" bartender
- 51 Free spirits
- 53 Candy bar ingredient
- 54 Arab attire
- 56 Sigh
- 59 Baby guitar
- 60 Luther's adversary
- 62 Like Louise
- 63 Tenant
- 65 Ness
- 66 Burger bread
- 67 Treated with Element 53
- 70 Start of Henry I's reign
- 71 Burp
- 75 _____ Finklea (Cyd Charisse)
- 76 X
- 77 Tease
- 78 Wilder's Weekend
- 79 Harlequin
- 80 Space Solo?
- 81 Irish county
- 83 Value
- 84 Decorative fabrics
- 88 Issuing
- 90 Jump for it
- 93 Sneeze
- 95 Yawn
- 97 Barkley's nickname
- 98 Summer second showing
- 99 "Do _____ favor!"
- 100 Pound
- 101 Spanish measure
- 102 Blow up
- 103 Mouth
- 104 Movie magnate

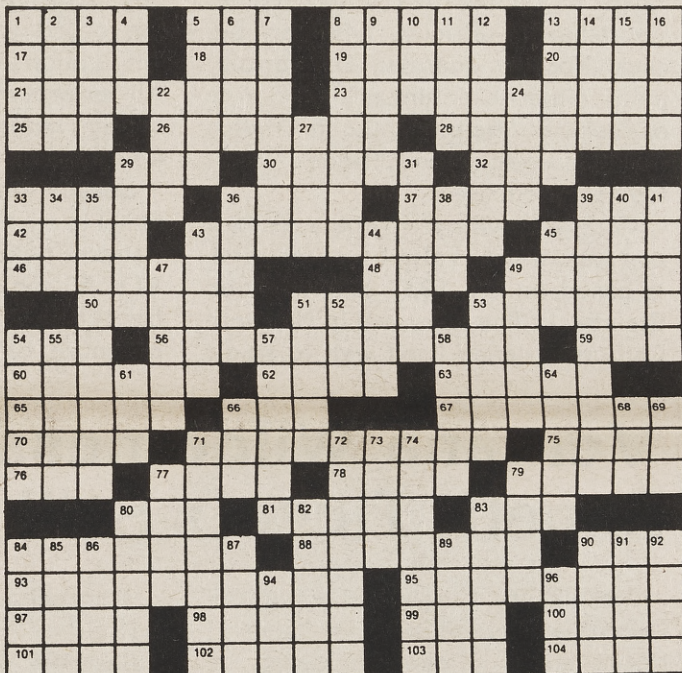
DOWN

- 1 Window part

- 2 Word form for parity
- 3 Zodiacal boundary
- 4 Before upslon
- 5 Title
- 6 Papal name
- 7 European clovers
- 8 Hindu board game
- 9 States, to a Quebecois
- 10 Beak, to a Quebecois
- 11 Retired netman
- 12 Antimony/hydrogen compound
- 13 Rochester employer
- 14 Russian range
- 15 Berlin put-on?
- 16 W-i-d-e foot
- 22 Omani money
- 24 PBS program
- 27 Nose for _____ (safari asset?)
- 29 Swedish simoleon
- 31 Abductee of '74

- 33 One way to pay: Abbr.
- 34 Twice after hardy
- 35 Howl
- 36 Sahara sight
- 38 Sol's suffering
- 39 Hiccups
- 40 Eskimo transportation
- 41 Sew or scold
- 43 See 104 Across
- 44 Brokaw's baby, once
- 45 Half a dress
- 47 Double boiler part
- 49 Chaste
- 51 Tittle was one
- 52 Torah's container
- 53 From _____
- 54 _____ up (fell for a scam)
- 55 Disguise
- 57 Uses a spectrum
- 58 Blockhead
- 61 Confused situation
- 64 Turner's tool

- 66 Stargell's teammate
- 68 High priest
- 69 Cupid
- 71 Plumpness
- 72 Grub
- 73 House party?
- 74 Equality before the law
- 77 Guide biographer
- 79 Piedmont is its capital
- 80 Silent screen star
- 82 Cease
- 83 Use the toothpaste
- 84 Response request
- 85 Willow genus
- 86 Apiarist's charge
- 87 Joke's punch line?
- 89 Making a crossing
- 90 Enliven
- 91 Another, to Ana
- 92 Peter O'Toole's Favorite
- 94 Indonesian islands
- 96 Spade, e.g.



Last Minute Shopping continued from page 7

1. Boil cream in a small heavy pan until reduced to 2 tablespoons. Remove from heat, stir in Grand Marnier and chocolate and return to low heat; stir until chocolate melts.

2. Whisk in softened butter. When mixture is smooth, pour into a shallow bowl and refrigerate until firm, about 40 minutes.

3. Scoop chocolate up with a teaspoon and shape into rough 1-inch balls. Roll the truffle balls in the unsweetened cocoa.

4. Store truffles covered, in the refrigerator. Let truffles stand at room temperature for 30 minutes before serving. Makes 24 truffles.

Variations: Substitute dark rum, Cognac, or another liqueur for the Grand Marnier. Try Kahlua, Framboise, Creme de Menthe or Amaretto. The fudge and truffles are very attractive and festive individually wrapped in waxed paper and tinfoil and placed in a doily lined cannister, and tied with a colorful ribbon.

Plants

Plants are another quick and thoughtful gift, you may even have something special in your garden right now that is a potential gift. Many people don't have their own gardens and something from yours may be especially appreciated.

Fresh herbs tied in bunches with bright ribbons and arranged in an unusual or traditionally shaped garden basket. Rosemary, Thyme, Oregano, Basil and Mint is a pleasing selection.

Home-dried potpourri. Save your rose petals and jasmine and tuberose flowers, mix them with assorted dried herbs and make your own delectable potpourri and individual sachets. The loose potpourri can be put in a small wooden box or glass jar for a bathroom shelf or bedside table. Use the sachets for drawers or closets.

Take cuttings from your healthiest houseplants, root and pot them. Present them in a ribbon-tied pot and your gift will last for years. Your own red geraniums, cyclamen or begonias are appropriately festive this time of year.

Also consider a shallow bowl filled with pea gravel, potting soil and narcissus bulbs covered with sphagnum moss. A beautiful Christmas gift to please both eye and nose. If started in late September or early October these will be in bloom by Christmas Week.

If planted later they will be a delightful surprise around Valentine's Day.

A jade plant in a oriental tea cup. Plant with potting soil and cover top of soil with unusual or pure white rocks. Quite distinctive alone or grouped with other plants.

A tiny cactus and succulent garden. A clay dish or a brightly colored earthenware bowl, something that is reminiscent of the desert, is the perfect planter for these little gardens. Use potting soil and attractive rocks, take cuttings from your garden and Voila! a desertscape in the palm of your hand.

And of course a perennial—cut flowers of whatever is blooming, either all the same kind or an assortment. Tie the stems up with a brilliant holiday ribbon and you will be sure to charm a mother, sweetheart or dear friend. Even a single perfect rose from your very own bush when all others are out of season is a rare treat.

A flat of small flowering plants—for example: marigolds, pansies, violas, primulas, lobelia, alyssum, petunias or lantana and for that extra touch, offer to plant them in your friend's garden.

Special Interest Ideas

A friend's special interests can inspire many thoughtful and creative gift ideas. Are they sports enthusiasts? Which are their favorite sports? Do they watch sports on t.v.? Or do your friends enjoy a quiet day at home, maybe just reading or playing games: board games, cards, or crossword puzzles? How about surprising them with a new game? Are they culture buffs? Is their special interest music, theater, museums or the ballet?

A jar of popcorn, a pound of butter and some seasoned salt—for weekend t.v. sports fans or a special t.v. miniseries.

A small sketch pad and colored markers or colored pencils for the eternal doodler.

A small basket with an assortment of embroidery threads; 3 packets of needles, sharps, embroidery and crewel; 1 small pair sharp scissors, a dainty pincushion and a pretty thimble. Ideal for a sewer or needlecrafter.

Most important to remember in your last minute efforts to find "just the right gift" is that any gift given with love and affection is effort well spent.

Happy Holidays!

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 - PROFESSIONAL THERAPEUTIC MASSAGE
- OLYMPIC SIZE HEATED POOL & HOT TUB, for Adults, \$5 for 2 Hours
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- DIET LUNCH SERVED 12:30 DAILY (Reservations Required)

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10 Country Club Way

The Village Business Service Staff

Wishes You Christmas Cheer & New Year Prosperity

ENTERTAINMENT



Pat Duval and Steve Tosh will make a special appearance New Year's Eve at the Los Laureles Lodge.

Los Laureles Lodge Will Feature Duval and Tosh On New Year's

The ever popular duo, Pat Duval and Stephen Tosh, will offer songs and frolic beginning at 8 p.m. on New Year's Eve for those celebrating at Los Laureles Lodge.

Duval and Tosh, who have performed together for the past two years, will serenade partiers with the themes of days gone by and some current favorites as well. Their wide range of styles have been known to charm a large age-group. And they heartily en-

courage listeners to sing along which adds to the fun and intimacy of the crowd and the charming atmosphere of the Los Laureles Lodge.

Duval and Tosh have acquired a growing number of fans with their regular performances every Friday and Saturday night from 9 a.m. to midnight at the Lodge, so reservations for this special appearance are recommended.

For reservations call 659-2233.

HO! HO! HO! 'TIS THE SEASON

We will be closed for dinner Sunday, December 23rd so that we may celebrate the holidays with our staff

Make Reservations Now for Christmas Day & New Year's Eve Dinners.

PAT DUVAL SINGS FRI. & SAT. EVENINGS 9:00—MIDNIGHT

LOS LAURELES LODGE

"Serving Fine Foods & Cocktails Since 1939"

BRUNCH SERVED FROM 11:30 AM
DINNER SERVED FROM 5:30 PM

Celebrate New Year's Eve
With Pat & Steve

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Mon.-Sat. 9-6, Sun. 11-4

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ARRANGEMENTS ARE
ALSO AVAILABLE AT
MID-VALLEY GARDENS
(Mid-Valley Center Next to Safeway)

Hidden Valley Opera Tickets Will Soon Go On Sale

Tickets for the Hidden Valley Opera Ensemble 1985 Season will soon go on sale and, according to Peter T. Meckel, General Director and founder of the Hidden Valley Music Seminars institute, "if the last season is any indication this season promises to be a sellout."

The Opera Ensemble Season opens on Friday, January 18, 1985, with *The Barber of Seville* and will also feature *Of Mice and Men* as an opera and a play.

Meckel highly recommends Rossini's comic opera, *The Barber of Seville* to young and old alike, including first-time operagoers. It is one of the world's most frequently performed operas. In it, young Count Almaviva encouraged by his servant, Figaro, the barber of Seville, tries to woo Rosina. Courtship is difficult, however, because Rosina's guardian, Dr. Bartolo, plans to marry her himself. *The Barber of Seville* will be presented in English as is the tradition with Hidden Valley Opera productions.

Carlisle Floyd's 1970 opera, *Of Mice and Men*, which is also being featured, is based on the 1937 play by John Steinbeck. The story, set in Northern California, lends itself well to tragic

operas. The leading character, Lennie, is an itinerant ranch hand being pursued by the law. His fondest dream is to own a two-acre farm with his friend George. His mental deficiency, brute strength and a compulsion to pet small soft creatures foretell of doom.

Carlisle Floyd's poignant libretto makes such works as Lennie's dream song and the young ranch hand's ballad "Movin' On", unforgettable.

The Opera Ensemble features talented young artists gathered from around the nation. Performances will run weekly through February 17, 1985 and include Thursday through Sunday evening performances and weekend matinees.

The play *Of Mice and Men* opens on Saturday, January 19; the opera, Friday, January 26, 1985. Theatergoers are urged to see the play first in preparation for the opera presentation. All performances will be in the Hidden Valley Theatre, Carmel Valley at Ford Road.

Season tickets are \$37.50 for a ticket to each of the three productions. Patron's tickets are also available for \$137.50 and offer theatergoers special benefits. To receive a season ticket brochure, call 659-3115.

Ventana Wilderness/Cal Rep Benefit Tickets Still Available

Tickets are still available for the December 19 benefit performance of the Charles Dickens classic, *A Christmas Carol*, and supporters of California Repertory Theatre and the Ventana Wilderness Sanctuary are invited to attend. Curtain time is 8 p.m. at the Cal Rep Theatre on Ocean Avenue in Pacific Grove.

The special showing, which is a joint fund raiser for the two non-profit organizations, will be preceded by a reception at 7:15 p.m. Hors d'oeuvres and wine will be available and adding to the excitement will be live music by the Nick Williams Trio.

Admission includes a chance to win, as a Grand Prize, a 1985 Toyota Tercel valued at \$7,000, which is being donated by Victory Toyota of Seaside. Other door prizes will also be raffled and include dinners, lunches, and inn accommodations. Only those attending are eligible for prizes.

Tickets are \$150 (tax-deductible) and only 200 seats are available which narrows the odds for winning the Grand Prize.

For ticket information or reservations call Diane Scholl at 659-3222 or Cal Rep at 372-4373.



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Tickets Are Available For Hidden Valley New Year's Gala

Outstanding singers from the Hidden Valley Opera Ensemble will bring party goers an evening of "Fascinatin' Rhythms" by George Gershwin and Cole Porter at the ninth annual Hidden Valley New Year's Eve Gala.

The stagershow features talented young performers from across the nation who have come to Hidden Valley for the 1985 opera season and dance numbers choreographed by Fred Weiss, a faculty member of the State University of New York, Binghamton. Steve Tosh, Hidden Valley's Composer in Residence serves as music director.

Along with the stagershow, party goers can enjoy a buffet, specialty desserts, wine and champagne from the Monterey Vineyard, a no-host bar,

party favors and dancing.

The Gala is scheduled from 9 p.m. to 1 a.m. Tickets are \$100 per couple of which \$60 is tax deductible. Individual tickets are \$50 each with \$30 tax deductible. Reservations are recommended and must be made by December 28. Reservations can also be made for shuttle service from the mouth of the valley.

For ticket information or reservations call 659-3115.

The event is a fund raiser for Hidden Valley's January/February opera season said Mrs. R. D. La Garde, who is organizing the event which is sponsored by the Hidden Valley Board of Trustees and the Friends of Hidden Valley.

Carmel Valley Women's Resource Center Will Hold A Holiday Songfest On December 15

The Carmel Valley Women's Resource Center is sponsoring a Christmas Songfest from 4 to 6 p.m. on Saturday, December 15, at Stew's Plumbing, Esquiline Road, Carmel Valley (formerly Rosie's Cracker Barrel).

Members of the community are invited to attend this Holiday event, and partake of refreshments, a raffle, and a bit of nostalgia. Stew Clough, owner of Stew's Plumbing, has maintained the historic Rosie's Cracker Barrel as

a quasi museum for Carmel Valley residents and history buffs. The back room is literally a gallery of photographs of Carmel Valley views and residents taken years ago.

The Christmas Songfest will benefit the Carmel Valley Women's Resource Center, a new non-profit organization designed to impact the problems and issues of women of all ages in the area.

Participants are invited to bring their best voice and a heart filled with joy and join in this Holiday celebration.

Out In The Valley by Rodger Weeks



Museum Of Art Calls For Photo Contest Entries

Copies of the prospectus for the Monterey Peninsula Museum of Art's Third Annual Northern California Juried Photographic Exhibition are currently available through the Museum at 559 Pacific Street in Monterey.

Prizes totaling \$2,400 and an opportunity for a solo exhibition of work in the Museum are among the prizes to be awarded in conjunction with the exhibition.

San Francisco Art Institute Photography Instructor Pirkle Jones, a former assistant to Ansel Adams and an instructor for over 30 years, has agreed to judge the photographs. His choices will be exhibited in the Museum from January 19 through March 10, 1985, and the winner of the Best of Show Award will, in addition to the \$500 Purchase Prize, be scheduled for a solo show.

Entries will be considered within professional or amateur divisions; each division includes categories for Black and White photography, Color

photography, or Alternate process photography.

"People who teach photography or sold \$1,000 or more in photographs last year should consider themselves professionals," Museum Director Thomas J. Logan said.

Professionals and amateurs interested in entering the competitive must be residents of Northern California and are limited to no more than four entries per person. Entered works must have been done within the last two years, and cannot have been shown in competition. Dimensions of the works submitted must not exceed 20 inches by 24 inches matted.

A \$5 entry fee will be charged for each photograph entered, and all entries must be submitted to the Museum by noon Friday, January 11, 1985. Photographs will be insured by the Museum.

Additional information is available by mail or through the Museum office (408) 372-7591.

Your Choice

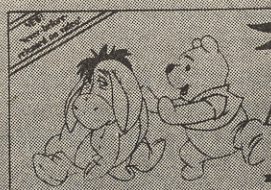
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PHOTOGRAPHY
All Occasions & Events

Think Twice Before Entering The Exotic Bird Market

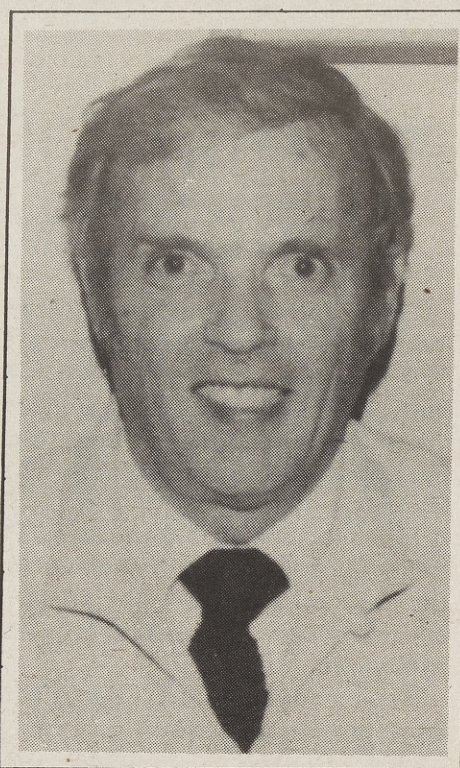
You're out doing your Christmas shopping. To pass a little time, you wander into the shopping mall pet store and there he sits. His uniqueness fascinates you and you're captured by his vivid coloring. Fantasies about owning this fadish exotic are stirred anew and, finally, you convince yourself you always wanted one anyway, and this Christmas is as good a time as any to buy him. Him, being the one big Psittacine you find in every pet store: the parrot, the macaw, the cockatoo.

This type of impulse buying, warns Julie Sweet, is a mistake and precisely the type of buying she would like to see stopped. Julie and her partner Hillary Johnson are the founders of the Avian Rescue Service, an avicultural organization bent on educating the public on exactly what owning an exotic bird entails. They also serve as a go-between for owners who need to find another home for their bird as well as provide a rescue service for cruelty cases regarding the exotics.

On the average, said Julie, an exotic bird bought on impulse has a turnover, maximum, of 18 months. Then the bird is recycled (sold or given to a new home) or falls to neglect. Once neglected they fall prey to all manner of illnesses and personality quirks which eventually make the bird an even more undesirable pet. This isn't fair to the birds, who when treated properly, make excellent pets. They are on the high scale in intelligence and are gregarious, social creatures. Their longevity make them an excellent lifetime companion.

You have to be aware of what you're getting into, warns Julie, who is a trainer, groomer and breeder of the exotic birds, which is what prompted her concern for bird purchasers. A Psittacine owner needs to be aware that the exotics require as much care as a child would. They need to be exercised, talked to, trained, have proper nutrition and a proper environment, most of which owners do not provide. According to Julie, the owners aren't this way out of cruelty. Misinformation is more to blame. And, as the number of bird owners increases so do the problems the veterinarians, who treat the

birds Julie rescues, seem to see. Currently, Julie works with Dr. Michael Murray of Coast Veterinary Hospital in Seaside, and Dr. Richard Bramman at the Carmel-By-The-Sea Veterinary Hospital. Both doctors have been available to the Rescue Service to provide professional and medical expertise. They check out birds for new owners as well as treat injuries or illnesses.



Dr. Richard Bramman

According to Dr. Bramman, the buying of Psittacines goes in cycles and is currently on the upswing. Television programs, such as Baretta, or commercials, make the birds fadish.

"We're in a big buy cycle right now," he said.

Unfortunately those fads don't encourage the purchasers to be pet-wise and then they don't understand why their cocatoo isn't as cute and willing to perform as Fred.

With the birds, said Dr. Bramman, goes the same responsibility of any other pet and more, because they are such social creatures. They need a lot of TLC (tender, loving, care). More, he said, than a dog or a cat. In the wilds, the birds preen each other and chatter at each other all the time, said Bramman. When in captivity, it is the owners who must replace the sociability of the flock.

Lack of consistent interaction is only one of the problems the doctors see in the pets Julie brings in for them to treat. Many birds also suffer from poor nutrition.

Guided by some pet shop owners who don't know any better either the bird purchaser will keep filling the birds dish with seed, and nothing else. What they need is variety, said Dr. Bramman. "They can eat anything you or I can eat." He suggested health food type nutrition such as fresh fruits and vegetables, extra protein in the form of eggs, cottage cheese or cheese, supplemented with a basic seed mix. Along the health lines, the birds also require proper hygiene, i.e. fresh water every day, showers, and clean cage.

Cages are another source of problems. As Julie said, "the people designing the cages aren't bird people." According to Dr. Murray the size



Julie Sweet gives her bird, P.J., the hand signal to do "the big eagle."

of the cage depends on the size of the bird. They should be sturdy in construction (Chicken wire won't hold one of these big birds," said Murray) and should have no places where the bird can get their feet caught. He does not recommend wood cages because they can house bacteria and cannot be sterilized. If the cage is to be painted make sure the paint is lead free because birds do chew on things. He also pointed out that food and water dishes should be up so that the bird does not defecate in them, which is a potential source of disease.

Most important is room to do "something." Birds, just like people, can get bored sitting in their cages all day long with no room to move about and stretch their wings.

Bird owners must also remember that their pets are smart enough to open cages with a poor lock. Once out and about they are much like unsupervised children and can get into things that might harm them.

Julie, Dr. Bramman and Dr. Murray all recommend doing some research before purchasing a Psittacine. Read books, periodicals, talk to breeders, ask questions. Also, added Dr. Bramman "sit down with the family and decide, do we really want a bird? is somebody going to take care of it? after the novelty wears off, who's going to take care of it?" If not properly cared for he said, "whatever area of care you are deficient in will show up."

If after your research you decide you do want the responsibility of owning one of the big birds, Dr. Bramman cautioned, "don't buy the first bird you see." To that, Julie added three don'ts: 1) "If you see a bedraggled specimen that looks like it needs love, don't purchase that bird." 2) "If you see in the papers or are approached with a deal that's too good to be true, don't purchase that bird. IT PROBABLY IS TOO GOOD TO BE TRUE." and 3) "Don't buy on the spur of the moment."

If you're going to make the investment of maybe \$400 or more for a bird (possibly \$700 for a domestically raised bird) the most important thing, according to Julie, Dr. Bramman and Dr.

Murray, is to have the bird checked out before making the purchase final. Have the pet store or breeder give you a minimum 7-day guarantee to return the bird if there are problems. Then take the bird to the vet and have him checked out and have a full blood series done.

This initial step could save a lot of time, money and sorrow later especially, with the pitfalls found in imported or smuggled birds which are the ones that find their way to most of the pet shops or wholesalers.

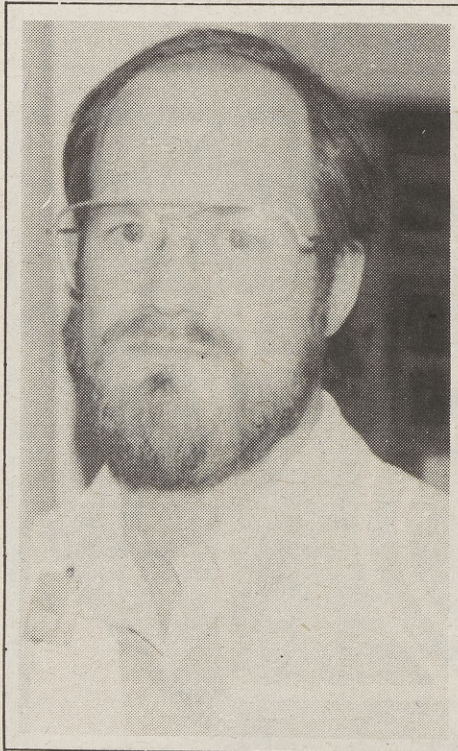
"People buying from pet stores think they are getting prime specimens knowing that it's (the bird) gone through quarantine," said Julie. "That's not so."

According to Julie quarantine conditions are not regulated as closely as people would believe. She said quarantine stations do not catch three-fourths of the diseases brought in by imported birds. For smuggled birds who go through no quarantine the chances of disease are even more risky. Add that to the fact that birds are experts at masking their symptoms, and you can see how easy it is for a pet store owner or wholesaler to unknowingly bring a diseased bird into their shop.

Bird importers, said Julie, are in it because it's a lucrative business and are not as conscientious as domestic breeders. Bird importation is cheap and easy but the mortality rates are astounding. The Association of Avian Veterinarians estimate that pet birds in the United States number around 42 million, which shows how high the demand for the exotics are. Their statistics continue to show that in 1983 over 800,000 birds were imported legally. Of those, 40,000 were dead on arrival, and 92,000 more died in quarantine. That is not even taking into consideration the number of smuggled birds entering the country. Julie said estimates show that there are 23 fatalities to every single bird that's sitting in the pet shop.

"The mortality rate is criminal," said Dr. Bramman who has been fighting the importation of all types of exotics

Continued to page 14



Dr. Michael Murray

Carmel Valley's "Desperate Clutch" Wins McFly's Annual Volleyball Game



Organizer Tom Hughes presents a check of \$2,000 to Special Olympics representatives Rosilee Ferrante and Gail Gallante. The funds were raised at Maxwell McFly's 3rd Annual Volleyball Tournament.

Winning the tournament, which was held December 2 at Carmel Beach, was Carmel Valley's "Desperate Clutch." The "Ball Busters", another Carmel Valley team, took second place.

Awards to team members were presented after the tournament. Clem Savoldi received the "Pioneer of the League" award, while "Manager of the Year" went to Leslie Turner. Rick Rosendale was voted "Player of the League."

Laura Didyk Wins State Gymnastics Title

On Sunday, December 2, 1984, thirteen year old Laura Didyk won the Northern California State Championship All Around Class III Title. The Championship meet was held at Newark High School in Newark, California.

Competing against the top 60 gymnasts who had qualified into the meet from a field of 640 Class III throughout Northern California, Ms. Didyk, a Carmel Middle School student, won the top All Around honors with a score of 36.15. Her win gives the Monterey Gymnastics Center, where she trains,

both the boy's and girl's All Around Class III Northern California State Titles. She joins Jeremy Cohen, the 1984 Boy's champion, in the top spot.

Didyk's gymnastic training now moves into the Class II National level as she continues to be coached by Hiroshi Fujimoto and Gloria Elber from the Monterey Gymnastics Center.

The Monterey Gymnastics Center is a non-profit organization offering gymnastics training to children of all ages. For more information on the Center call 373-1694.

Local Gymnasts Attend National Team Training Camp

Jeremy Cohen, 13, and Josh Cohen, 11, participated in the Junior Men's Gymnastics Camp at the Miller High Life-sponsored U.S. Olympic Training Center. The camp took place November 15-20th.

The brothers were among the forty-two participants from three regions which were selected by regional coaching staffs to attend the camp. The three regions include: Region I (California, Arizona and Nevada); Region II (Oregon, Idaho and Washington) and Region IX (Colorado, New Mexico and Wyoming).

The training session is designed to teach National Team testing skills which must be perfected by young athletes if they are to be selected for the Junior National Team. The session was supervised by Dan E. Connelly, Jr.

Connelly held the title of California State Champion in 1967 in the parallel bars. A former member of Team USA, Connelly had competed nationally and internationally before becoming a coach. Coaching for the past eleven years, Connelly has guided several Olympians and has coached the Junior National Team since 1980. He is the

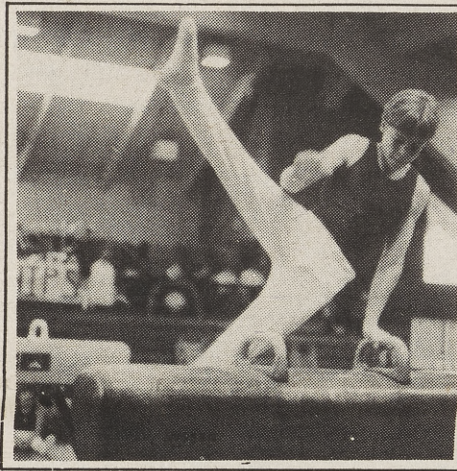
recipient of the Frank Cumiskey award for contribution to the Sport of Gymnastics.

The Junior National Team will be selected December 30 by the National Coaching Staff. Twenty-five gymnasts will be chosen with ages ranging from 10-18 years. Each athlete must perfect their testing skills as well as perform Olympic Competition routines. In addition to the Junior National Team, five members from the 15-19 age category will be selected for the Junior Elites.

The Junior National Team has competitions slated for Japan, Europe and the 1985 National Sports Festival in Baton Rouge, La.

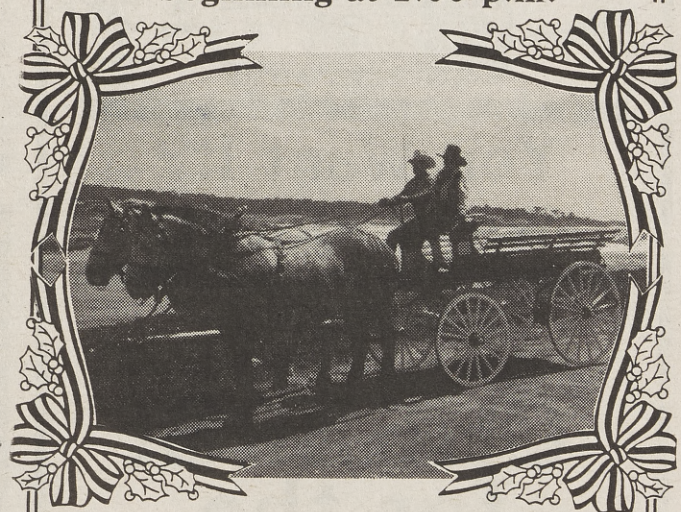
The Cohens are coached by Hiroshi Fujimoto at the Monterey Gymnastics Center. They are the sons of Jerry and Madeleine Cohen.

The U.S. Olympic Training Center has accommodated over 50,000 potential Olympians since its opening in 1977. Located at the former Ent Air Force Base, the 34-acre facility is generously supported by a \$3-million commitment by the Miller Brewing Company.



Jeremy Cohen, above left, and Josh Cohen, above right, participated in the Junior Men's Gymnastics Camp in hopes of being selected for the Junior National Team.

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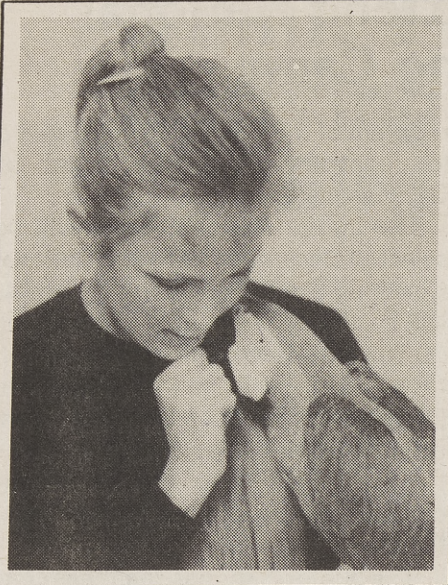
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Continued from page 12

for a number of years. Both he and Dr. Murray prefer domestically bred birds over imported birds not only because of the mortality rate but because of the environmental impact. Many of these Psittacines are close to becoming an endangered species.

"Ideally," said Dr. Murray, "it would be great if all the parrots in the world were in the wilds but that is never going to happen. A Parrot makes a really neat pet. It gives you interaction that a dog or cat can't," he said, and added "They are much more intelligent than we appreciate." The domestically bred birds, he said, make much better pets because they are imprinted by humans from almost day 1.

Purchasing from domestic breeders, though the cost is higher, has other advantages. One main advantage is the bird is not exposed to the variety of diseases imported birds typically are. Also, you are not forcing a wild animal to adapt to a different lifestyle.

A domestic breeder is usually in the business for their love of birds, said Julie. They have their reputation to stand on and are less likely to have diseased birds because a disease could spread through their whole aviary and wipe out their source of income.

The demand for these birds is not diminishing. Even here in Monterey County there are a great number of

bird owners. The way they got their birds is Julie's major concern. Many have purchased their birds from smugglers or "jobbers" who import the birds under horrendous conditions. Because of that, she got involved with the Avian Rescue Service out of "righteous indignation" because it was happening all too frequently here in Northern California.

"Jobbers" sell their birds at swap meets, at shopping centers or wherever, right out of the back of their van. Many of their birds, she said, have gone through tortures such as having their beaks taped shut and their feet tied together, stuffed into sacks or wrapped tightly in newspapers (many of them die from lack of air or rough handling). The horror stories are endless.

As her Avian Rescue Service gets underway, Julie's fight against such abuse and efforts to educate the public about these magnificent creatures she calls friends will continue. She and Hillary, who provides the service in Southern California, are the only ones in the United States providing such a service which is typically done through SPCA's or bird societies.

Like other non-profit organizations, help is always needed. Julie said she would love to see other exotic pet lovers donate time, money, cages, whatever. "I'd love to see time donated over money right now," said Julie who has been spending more hours performing rescues as word of her service gets out. Those interested in helping can call Julie at 659-3680.



Ventana Views

Supporters of the Ventana Wilderness Sanctuary gathered in the hill top at the Sanctuary site in early November. The purpose of the gathering was to acquaint people with the Sanctuary and its objectives. Dr. Petkus, President of the Sanctuary Board gave a brief, informative talk covering the needs and goals of the Sanctuary. He also gave the history of the property.

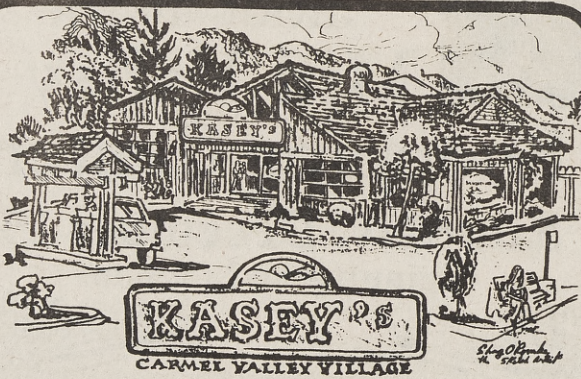
All of the board members and their families attended. The Sanctuary is not open to the public.



Views of the Big Sur coast.



Dr. Petkus giving his talk.



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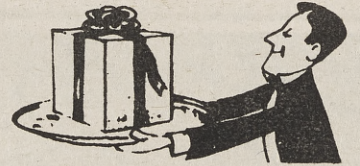
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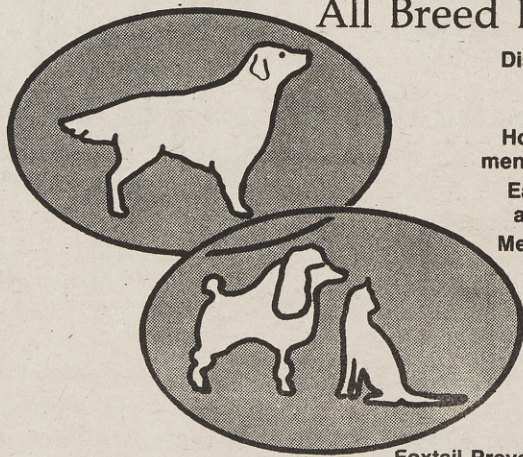
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ANIMAL TRACKS

by The Monterey County SPCA
by Robin Maurice
Public Relations Director

A Day In The Life Of The Wildlife Center

A typical day at the Monterey County SPCA's George Whittel Wildlife Rescue Center begins at 7:00 a.m. Staff members Kris Vincent, Susan Kaiser and Candice Tahara arrive and begin the morning chores. Our patients can sometimes number in excess of 400 and there are many different diets to be prepared for the many different species we treat. There are also medications to be prepared for the injured animals, injuries sustained from being hit by cars, gunshot wounds, songbirds caught by the neighborhood cat, seabirds entangled with fish hooks and line, paws caught in steel-jaw traps, etc. Our small staff and volunteers spend the remainder of the morning cleaning, feeding, administering medications, performing physical therapy on mended wings, monitoring weights on patients in critical condition, assisting in clinical pathology and maintaining up to date medical records. It's a fairly simple routine except when emergencies arise; and they always do.

Today, our animal control department needs assistance with an injured fawn in Pebble Beach. Attacked by dogs, it has multiple lacerations around the hind quarters and is in

shock. All severely injured animals, like the fawn are immediately taken to a veterinarian. In this case, Dr. Mike Murray of Coast Veterinary Hospital in Seaside. The fawn is given emergency first aid, treated for shock, stabilized, x-rays taken to check for fractures and internal injuries and wounds are sutured. Now have one more patient on our intensive care list.

Back at the center, a robin has arrived with a broken wing. The fracture is immobilized and a medical record is filled out. A special rehydrating formula is administered and the bird is started on antibiotic therapy. He is not particularly pleased with his situation and is placed in a warm, dark, quiet cage which seems to help. He is eating and drinking on his own and the workers rejoice. Force feeding tiny songbirds is a chore none of us is especially fond of.

As a hospital, our center is devoted solely to the rescue, care, treatment and release of orphaned and injured wildlife. Human contact must be minimized if the animals we treat are to survive in their natural habitats. Those that are partially tame or imprinted have no fear of people and as we are unable to instruct our patients

as to whether the person approaching wants to use its pelt for a coat or have it for dinner, it is important they remain fully wild—with a healthy fear of humans.

It is late afternoon now and that brings the arrival of another staff member, Ed Ashworth. Checking the boards for feedings and medications, the morning's routine is repeated. A few animals are ready to make the transition to outdoor aviaries, to exercise and spread their wings. And a few of our patients are ready for that part of our job that makes all of our efforts worthwhile—release.

Ed and I carefully place federal bands on two red tail hawks to be released, and discuss a suitable release site. To avoid re-injury we need an area far away from people where others of the same species are known to inhabit. Once an area is agreed upon, the birds are placed in individual boxes for transport to the release site. The release is a success.

Back at the center it is late evening. More animals have come in; a bobcat caught in a steel-jaw trap, and a raccoon exhibiting signs of distemper. Both animals have severe injuries and will not survive so they must be euthanized.

The end of the day usually comes around 10:00 p.m. All of our patients have been fed, medicated, cleaned and so forth. It has been a long day for staff and volunteers alike. It is quiet now, it is a nice time to reflect on our purpose. As one staff member said, "None of us is here for thanks. Some are here for purely selfish reasons—to save a piece of that which is beautiful for ourselves. Others are here for altruistic reasons—to save it for you. Either way, we like to think that this wonderful gift known as nature is, in some small way, being preserved for us all."



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ANIMAL ISSUES

News and Views

by Mary Tesoro

The death sentence may soon be lifted from the heads of over five million animals subjected annually to the ghastly LD50.

In a major move, Federal Drug Administration (FDA) officials asserted that the LD50 is neither essential nor required for acute toxicity testing.

LD50 stands for 'Lethal Dose 50 Percent.' It is a torturous test where chemicals must be administered to large groups of animals, including dogs, cats, and rabbits, until one-half of them die—usually wretchedly. Needless to say, the half who survive the test remain acutely ill, often in agonizing pain.

By definition, the animals must be tested without the benefit of anesthetics. This almost inevitably results in extreme suffering, since the animals are forced to consume weed killers, oven cleaners, fly sprays, cosmetics, food additives, paints, and other "new improved products" entering the American market place.

The test substance may be force-fed into an animal's stomach by tube, or through a hole cut in the throat; injected under the skin, into a vein, or the peritoneal lining of the abdomen; applied to the eyes, rectum, or vagina; or inhaled through a gas mask. On occasion, death is caused, not by the test chemical, but by rupture or from the sheer bulk of the dosage.

In the past, manufacturers have used

the LD50 to keep their products from being rejected by the FDA, and to protect themselves in the event they are involved in a court case.

The LD50, however, has been criticized by many toxicologists as crude and imprecise, and scientists everywhere have expressed doubts about its validity. Because all species react differently, it is impossible to accurately determine human hazards from ingested chemicals tested on other animals.

The Congressional Office of Technology Assessment has called the LD50 "both out of date and without scientific justification."

Dr. David P. Rall, director of the National Toxicology Program (NTP) said that the LD50 "is now an anachronism...the NTP does not use the LD50."

Four prominent organizations recently went on record as being opposed to the LD50. They are: The National Society for Medical Research, The Pharmaceutical Manufacturers, The Soap and Detergent Association and The Cosmetic, Toiletry, & Fragrance Association.

In addition to the EPA's new guidelines to reduce animal killings in chemical tests for toxicity, a report issued by the FDA calls for a series of workshops to bring FDA staff up to date on the various "in vitro" alter-

native methods which can be effectively substituted for animal based tests.

The FDA and EPA statements come after pressure from the growing scientific consensus as to the dubious credibility of the LD50, coupled with pressure from an increasingly concerned public.

There is still much work to be done to ensure the statements of the FDA and the EPA are carried through in practice.

YOU CAN HELP.

After all, do we really need to know how many bars of ivory soap it takes to kill a dog????

How you can help save five million animals from painful poisoning this year:

Write to your state representative and your two senators. Ask them to urge all regulatory agencies to actively and immediately discourage the use of the LD50 test and to keep you updated with progress reports.

Write to: SENATE, Washington, D.C. 20510; or HOUSE OF REPRESENTATIVES, Washington, D.C. 20515.

Contact the Coalition to Abolish the LD50 at: 234 Fifth Ave., New York, NY 10001. The Coalition is a group of over 400 animal protection organizations formed three years ago under the leadership of New York activist, Henry Spira.

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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

The November 28 Mixer at the Carmel Country Spa was a tremendous success! Those who came enjoyed the delightful ambience of the newly renovated Spa, some terrific music, good food, and an abundance of good company. Special thanks to FRANCES BULLER and CARL TRIGILIO for being our hosts, and to BEVERLY JONES for working with us on arrangements.

The next event for Chamber members is the Annual Christmas Party at PETER and SHERRY COAKLEY'S Valley Lodge on December 19. PETER and SHERRY have hosted this annual event for a number of years, and Chamber members and their guests look forward to this special time each year. This, however, is not an open event, but members of the Chamber are cordially invited to come and bring a guest, if they so desire.

CAROLE SELLEN is the new Dental Hygienist in Dr. STEVE AUSTIN'S and Dr. JOHN VON BERG'S Carmel Valley Family Dental Care Center on Ford Road. CAROLE is replacing PAM AUSTIN, who will be busy taking care of her baby for awhile. Although Baby Austin has not been born at the time of this writing, PAM no doubt will be a Mom by the time you read this, and will take some time away from the Dental Center to care for the new arrival.

CAROLE will remain with Drs. AUSTIN and VON BERG even after PAM returns, and the two Dental Hygienists will share the demands of this important dental office function. CAROLE, by the way, is a former Carmel Valley resident, and is looking forward to re-establishing old friend-

ships here.

Another new face at the Carmel Valley Family Dental Care Center is that of MICHELLE GENONE, who is the new office manager there. MICHELLE, a Carmel area resident since 1970, moved away for awhile but, in her own words, 'couldn't wait to come back.' Now she is back and in a job she enjoys. MICHELLE'S work at the Dental center includes caring for the patients who come to the office, planning appointments, overseeing office procedure, and calming people like myself who get the jitters the minute they hear the word 'dentist.' MICHELLE is emphatic when she says, 'We probably have the nicest group of people here that I have ever met.'

MICHELLE'S background includes work at Community Hospital, Beverly Manor, and several business ventures with her former husband, the latest of which was Equinox.

A special welcome to Carmel Valley for CAROLE and MICHELLE.

Not only is LOIS LAMAR (Western Title Insurance Company) a member of long and in good standing on the Chamber's Board of Directors, the Board of Directors of the Quota Club, and as a member of many other civic and community organizations, but she also is a gourmet cook. How do we know? Well, had you attended the Chamber's Mixer at Carmel Country Spa, you would have had an opportunity to sample LOIS'S delicious salmon plate. It had people standing in line to reach for a sample, and LOIS, whose life is very busy indeed, somehow found the time to make this delectable creation. A special thanks to LOIS whose generosity to the Chamber and

to others is legend.

The Board of Directors is having a special meeting on December 13 at the Carmel Valley Inn at noon. President CHUCK MCKAY has called this meeting to introduce new Board members to the presently seated Board with a view toward sharing thoughts and ideas about the Chamber's future. It is important that ALL Board members attend this important meeting.

Chamber members extend their congratulations to member CHATEAU JULIEN for winning the 1984 American Wine Championship. Their Chateau Julien 1982 Merlot was the winning wine. This particular wine also won a gold medal at the 1984 Los Angeles County Fair, and a silver medal at the San Francisco Fair. It is the winner of both a silver and bronze medal at a major San Jose competition.

Despite the fact that CHATEAU JULIEN is a new winery, it already has gained 17 major national and international medals for its first released wines, including several gold medals for Chardonnays.

Again, congratulations to CHATEAU JULIEN!

LOU ALLAIRE of Allaire Insurance and DICK KRUEGER of Valley Hardware Company are leading the Committee to choose 1985's Good Eggs. As most Valley residents know, this is a special award given to deserving members of the community by the Chamber at its annual Installation Dinner Dance. If you have any sugges-

tions, do give LOU or DICK a call. By the way, the Committee is comprised of former Good Eggs!

JEAN KAESER'S Mid-Valley Gardens had a fantastic sale a weekend ago, and those who were unable to take advantage of the lovely gifts missed a number of good buys. Don't forget, JEAN offers the convenience of a full service florist, so it you have a special occasion that needs a special remembrance, call JEAN KAESER.

The Chamber Board will shortly be making plans for 1985. Special programs will be discussed, as will community events, luncheons, special guests, etc. I'll keep you posted as dates are set and guest speakers confirmed. See you next time.

LAST MINUTE FLASH!! ALEXANDER JOHN AUSTIN, weighing in at 9lbs.4oz., was born on Saturday morning, December 1, at 8:00 a.m. Mother and child are both doing beautifully!

PHIL WRIGHT, JR.

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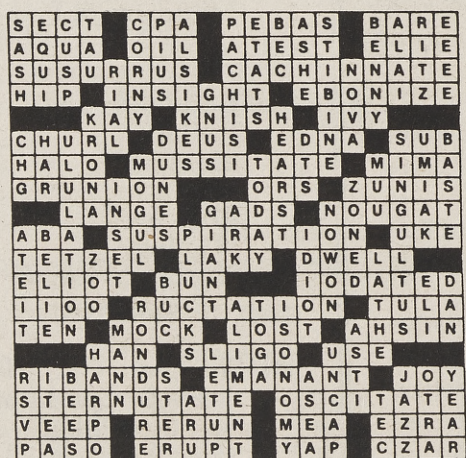
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Answers To Crosswords PLUS

see page 9



SOUND EFFECTS

MIMA (45 Across) is a female mime; Yarnell is the female half of Shields and Yarnell, husband-and-wife pantomimists.

HAN Solo (80 Across) is the character played by Harrison Ford in "Star Wars" and its two sequels.

A plectrum (57 Down) is used in the playing of stringed instruments.

All of the theme entries may be found in Webster's Second New International Dictionary.

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ZIMMERMANN NOTES

by Stephan P. Zimmermann

Occasionally, we are struck by a philosophical statement which raises a preponderance of questions outside of our own daily routine. These little exercises in thinking tend to be refreshing and stimulating, and, quite often,, highly controversial. Among the latter was the pastoral letter composed by those in attendance at the recent annual meeting of Roman Catholic bishops in the United States.

The document submitted is intended to set the "moral tone" for the U.S. economy, and, as such, serve as a guide to the Reagan administration during its next four years. In that respect, it is no different than the pronouncements of the Reverend Jerry Falwell, whose political clout and influence is supposed to reach all the way to the White House, but whose real effect is limited to emotional hangers-on whose support may or may not translate into votes. The ecumenical pronouncements of course do not have the effect of law even within the Roman Catholic church nor do they necessarily have much impact on the voters, as demonstrated last month. But the statements issued could raise

the deeper questions of where we want our country to stand philosophically. In that respect, the bishops who wisely withheld publication of the letter until after the election have already been resoundingly rebuked by the electorate.

The pastoral letter suggests that it is government's responsibility to assume many of the things which have worked quite well within the private sector when people have been left to their own economic devices. For example, it suggests that government should bring the employment rate down from 7 percent to 3 percent. It also urges that government should provide more public service jobs, and more public jobs training. Welfare programs should be made more easily accessible to all. For our money, these tenets sound suspiciously like the hackneyed planks of Democratic candidates from Roosevelt to Mondale. We are certain that the political reality of the electorate's decisions during most of the national elections over the last decade has not escaped the bishops' attention.

We find the letter disturbing,

because we believe that for most of us living in this nation, caring and sharing has been as strong a tradition as our sense of independence and power. That tradition is steeped in the historical interdependence which we experienced as a growing, developing nation, where individual action meant survival, sharing meant common survival, and independence meant a drive to seek new unfettered frontiers. Coupled with these drives is also a deep spiritual belief in the inherent, innate goodness of man. The bishops, however, appear to question that inherent goodness by forcefully suggesting and recommending that a strong central government is better equipped to decide how we should spend our resources and how those resources should be distributed.

Are the bishops not paraphrasing Karl Marx who, in his critique of the Gotha Programme, suggested "...society can inscribe on its banner: From each according to his ability, to each according to his needs!" We have seen what Marxist philosophy has wrought in reality: the brutalization of man, his enslavement in a condition of poverty in material and spiritual wealth, and rule—not by the masses as prophesied—but by a carefully hand-picked elite.

If Americans truly have a "decent respect for the opinions of mankind" and if we truly believe that "the pursuit of life, liberty and happiness" are inalienable rights, then we must logically

and morally conclude that the highest level of morality to be achieved by the American economy must be grounded in free enterprise. We must consider that the highest ethical freedoms are achieved when men are free to succeed...or fail, without a paternalistic state to make those decisions for them.

Those who succeed carry with them a moral responsibility to share and care. But they would be compelled to do so at their own behest, not by an arbitrary government, but at the dictates of their heart.

The bishops in their letter seem to have missed that most central point of morality and ethics under the American—and under most religious—standards. Perhaps they are still living in a time when the Church was the State! That condition, at least, has been abolished in this country, no matter what the bishops—or Jerry Falwell—might wish otherwise.

This holiday season should enhance our feelings of goodwill towards all people, should permit us to seek to understand the differences which keep us apart as people, and should provide us pause to think of the blessings which individualism, a free economy, and a free, democratic society has provided us. A decent respect for our neighbors at the most basic level, and a caring and concerned basic nature will permit us to achieve all these goals underscored by goodwill.

FACE TO FACE

by Dan Derr
Designer/Photographer

"Keep it loaded" is the bottom line on the current Polaroid ads. I'll ad, keep it clean, keep it close, and keep it shooting. It's THAT time again. Holidays, relations, gift-giving, with lots of memorable moments for that "open me first" package under the tree. So, with the seasonal good wishes I'd like to help you with both gift-giving and picture making during this time.

Invariably nowadays, at least one in twelve on your shopping list will want a camera of some type. Instant, video, 35mm, the possibilities seem endless when one walks vulnerably into a camera store. To most, it's like a foreign land, threatening, expensive, with an entirely different language. Exotic, glittery, and staffed with I-know-more-than-you-do and I'm-gonna-get-your-money natives. And, price tags that start at the top end of your budget. Babes-in-toyland becomes Alice-through-the-looking-glass, with Cheshire cats, grinning at your VISA, Mad Hatters speaking unintelligibly, and unreasonable queens shrinking you down to the size of a Kodak disc.

Camera shopping is actually quite simple. Muster all the aplomb you can, have precise directions from the gift receivee, refuse to accept anything but what you have written down, and demand a free "test" roll of film. This last gives you credibility, more than just seeing if the camera actually works. Of course run the roll through it (have a camera nut friend figure it out), take it to a one hour processing lab; if all goes well, you've done your job, and Christmas morning will be joyful and picture-productive. If all is not well, take it back to the Cheshire grin, smile, and firmly state that you want another item, identical, but working. You have now wiped the grin off and will probably have no further problems. (But get another "test" roll

anyway.)

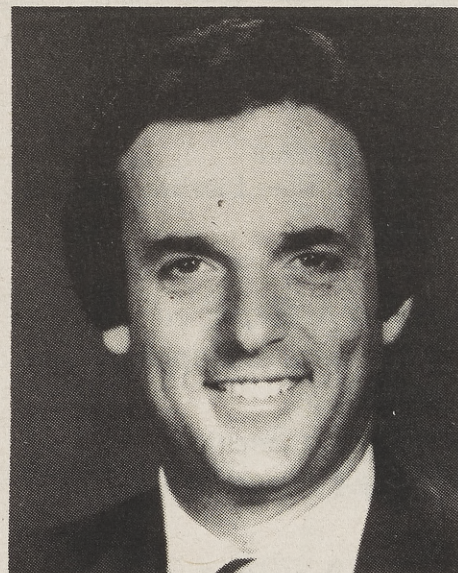
Names like Nikon, Canon, Minolta, and Pentax are your best bets—in that order. Financially the lineup is pretty much the same, but cameras are like cars—with each manufacturer having many models AND prices. Start with the name, and make sure of the model. Be ready to pay, because there's no such thing as a cheap camera anymore. The abundance of electronics has changed all that. Many have their own built-in flash, convenient but costly—make sure the batteries are there. Film sizes sound like a numbers racket; make sure the size matches the camera, otherwise that yellow box turns to coal in someone's stocking. Camera returns and exchanges are permitted, but no so with film—and nothing at all on the 25th. Smile when you hear, "...just what I always wanted," and go on to "open me second."

Back deep in the recesses of the closet lies that enigma, THE CAMERA—as in, run get the camera, where's the camera, I forgot the camera, and I wish we had a new camera. Also in there are assorted dead batteries, the half roll from last vacation (that's what happened to Aunt Susi at the lake), lots of dust, and a used flash cube. Get it out now, run the last roll out and take it to the lab (so you can see if it WAS working), and while the "copper tops do last longer," new ones are cheap Christmas insurance (about the ONLY cheap items in photography today). Check all battery and flash contacts, cleaning them with a pencil eraser. Blow out ALL dust, crud, and birthday cake—inside and out of the camera. Those fine woolens and fur coats that share the closet also tend to magnetically smother cameras with minute particles

Continued page 18

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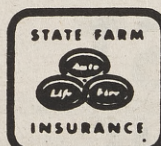
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NETWORKING

by Grace Darcy

PWN members have elected (or re-elected) four women to serve on The Network's Board of Directors for the coming two years. They are BETTY PLANK, BETTY POWELL, CANDACE SNOW, and MARTHA ELIN VERNAZZA.

BETTY PLANK is the Executive Director of the Carmel Foundation and is a gerontologists. She has been a member of The Network since its inception, and has served on a number of Network Committees.

BETTY POWELL is a free lance saleswoman whose motto is, 'If I like it, I can sell it.' She, too, has been active in Network affairs, and last year served on the 1984 Networking Woman of the Year Committee.

CANDACE SNOW was re-elected to serve on the Board. CANDACE, who owns Database, a computerized book-keeping service, was one of the founders of The Network, and has served as its Treasurer for the past two years. She has served on a number of Network Committees including Executive, By-Laws, Finance, and , with LESLIE SIMON and LINDA FREUNDLICH, on last year's Network

portion of Women's History Week.

MARTHA ELIN VERNAZZA is a consultant to organizations and individuals in matters of planning, managing, and assessing the process of change. She is an expert in situation analysis, decision making and planning processes, program development, training, and performance appraisal. MARTHA ELIN has participated in a PWN noontime brown bag meeting, and as a leader in one The Network's evening workshop meetings.

Congratulations to all four of these outstanding women!

Network Board members LESLIE SIMON and CAROL DONALD are busily planning The Network's participation in Women's History Week, 1985. This week-long event will take place from March 2 to March 9, with the major number of events occurring March 2 and 3. The Network will again sponsor a day of workshops, an event that was very popular last year. The titles of the workshops are not yet finalized, but I will report to you as soon as they are. Many thanks to LESLIE and CAROL for undertaking

such a tremendous responsibility.

An adjunct to Women's History Week 1985 will be a series of three dinner parties designed to bring together women in the various communities in Monterey County. The idea is the brainchild of famous artist and Network member LYNN LARSON, who patterned a dinner last year based on internationally known artist Judy Chicago's Dinner Party. There will be three dinner parties this year, and a Committee is meeting regularly to plan them. They will not take place concomitantly, but will be held in February and March of 1985. We'll have details later, but these should be exciting events that all women will want to enjoy.

Two of The Network's newest members, VERONICA LINDSAY and KATHIE SPARR, are deeply involved in creating women's organization here in Carmel Valley. VERONICA and KATHIE are the co-directors of the Carmel Valley Women's Resource Center to be opened this coming January. VERONICA and KATHIE are both wonderful, energetic women, and have already gathered support and interest from many Network women.

There will be no evening meeting this December. The regular meeting date—4th Tuesday of each month—

falls on Christmas Day, and surely no one wants to even consider having a meeting on this lovely Holiday. Thus, the meeting has been cancelled. There also will be no evening Meeting in January because our 2nd Annual Installation Dinner will take its place. The date for the Installation Dinner is January 22, 1985, time, place, and a special guest speaker to be announced. Mark this date on your calendars because this will be an outstanding event.

Dr. JEAN ACKERMANN'S play, A PRIDE OF HEROES, was one of the plays chosen from throughout the country for performance at the recently completed National Festival of Women's Theatre. DR. ACKERMANN is, of course, a Network member, and her play was a part of The Network's presentation at last year's Women's History Week. DR. ACKERMANN's plays include, in addition to A PRIDE OF HEROES, AULD LANG SYNE, JESSIE, THE EXCURSION, AND ANNIVERSARY.

From all the women of The Professional Women's Network of the Monterey Peninsula, to all of the people of the communities it serves, a very Merry Christmas. May this day, symbolizing Love and Peace, be a part of the lives of everyone, everywhere.

Face To Face continued from page 17.

that only show up on two year olds' teeth, great grandma's glasses, your wife's silk dress, all AFTER the lab returns the prints. Lens tissue takes care of the lens, a couple quick, dry puffs of breath on the interior, and a handkerchief wipe around the body is

bound to do wonders for most seldom used cameras. Load the camera just after Santa's cookies are set out, settle down for a long winter's nap, forget the reindeer, and know that it's going to be a very merry, Mary.

Sleigh bells? Nah.

SHOPPING AROUND

Shopping At The Holiday Hutch Can Put You In The Spirit

For most of us Christmas is a special time of year, but for the folks at The Holiday Hutch in the Crossroads, it's Christmas all year round.

The Holiday Hutch, as the name implies, specializes in holiday trinkets, with Christmas a specialty. They offer a wide range of unique ornaments (you're bound to find one to fit any personality), eggery and a plethora of decorations. All displayed lovingly in a holiday atmosphere. There's something there for the home or workplace and enough price ranges to fit into any budget.

Adding to the atmosphere of the shop, with her friendly, helpful manner, is Marjorie Longbridge. She obviously enjoys her job and her enthusiasm is infectious.

Charles and Jan Hutchins have owned the Crossroads shop for almost three years now. They also have a Holiday Hutch in Carmel on Mission and 5th which they have owned for the past 10 years.

To them, the shops are a family business, and they are pleased to have their children as well as one grandchild working with them. Their store hours are 10—9 Monday through Friday, 10-6 Saturday, and 11—5 Sunday. The Carmel store hours are 10—8 daily, but call ahead if you're going there as they change their hours this time of year for your shopping convenience.

If you aren't already in the holiday mood, stop by the Holiday Hutch and that will be remedied immediately.

Merry Christmas To All



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BOOKS

THE BOOKWORM

by Mary Berta

Books Make Great Gifts

How many of us can remember with nostalgia the utterly satisfying experience of finding a favorite book under the Christmas tree? Certainly most of us in the pre-TV age have had the pleasure of enjoying treasured books which gave our imaginations "wings" to an exotic or unknown place. Oftentimes these books were read and re-read and became our most valuable possessions. The child who reads walks with giant steps.

The following books, taken from a list compiled by Madeline Britton, Librarian of Santa Catalina's Lower School, may provide parents with suggestions for their gift giving. (Also look in your bookstore for other well-written and illustrated books.)

Suggestions for children in first and second grades:

It's So Nice To Have A Wolf Around The House (Allard), *Little Rabbit's Loose Tooth* (Bates), *Ernest And Celestine's Picnic* (Gabrielle), *Happy Birthday, Henrietta!* (Hoff), *Rose For Pinkerton* (Kellogg), *Wild Baby* (Lingren), *George And Martha One Fine Day* (Marshall), *Just For You* (Mayer), *Doctor De Soto* (Steig) and *Crane Wife* (Yagawa).

Suggestions for children in third and fourth grades:

The Wild Swans (Andersen), *Poem Stew* (Cole), *Give Us A Great Big Smile*,

Rosy Cole (Greenwald), *Aldo Ice Cream* (Hurwitz), *Pippi Longstocking* (Lindgren), *Now We Are Six* (Milne), *Cricket In Time Square* (Selden), *Where The Sidewalk Ends* (Silverstein), *The Velveteen Rabbit* (Williams) and *A Visit To William Blake's Inn* (Willard).

Suggestions for children in fifth and sixth grades:

The Incredible Journey (Burnford), *Where The Lilies Bloom* (Cleaver), *My Brother Sam Is Dead* (Collier), *The Cat Ate My Gymsuit* (Danziger), *Beat The Turtle Drum* (Greene), *Chronicles Of Narnia* (7 books) (Lewis), *Mrs. Frisby And The Rats Of Nimh* (O'Brien), *Where The Red Fern Grows* (Rawls), *The Green Futures Of Tycho* (Sleator), and *Treasure Island* (Stevenson).

Suggestions for children in seventh and eighth grades:

Westmark (Alexander), *The Red Badge Of Courage* (Crane), *Stranger With My Face* (Duncan), *Second Star To The Right* (Hautzig), *Farewell To Manzanar* (Houston), *Ring Of Endless Light* (L'Engle), *The Haunting* (Mahy), *The Wave* (Rhue), *Dacey's Song* (Voight) and *The Pigman* Zindel.

Special help is available for any child who is experiencing difficulty in reading, writing, spelling, comprehending or in learning mathematics. Please call 659-2305.

A Special Christmas Program Will Be Presented At The Library

Monterey County Library Youth Services Coordinator, Sonia Church, will be presenting special Christmas programs at the Carmel Valley Library. There will be two separate programs.

On December 13, from 11 a.m. to noon, a preschool program will be presented. Children up to 6 years of age may attend.

On December 18, from 3:30 to 4:30 p.m., an after school program will be presented for school-age children.

There will be stories, songs, crafts and a treat at each program. Pre-registration is not necessary.

For more information call the Library at 659-2377.

Carolyn Kleefeld Will Be Honored December 15

An artistic celebration in honor of Carolyn Kleefeld will be held from 5:30 to 7 p.m. Saturday, December 15 in the Club Room at the Thunderbird Bookstore in the Barnyard.

Kleefeld, a philosophical/poetic author, recently had her works translated into Italian. Her books include *Lovers in Evolution*, and *Climates of the Mind*.

Photographer And Cataloger Are Needed

A volunteer photographer is needed to visit the parks and take needed prints and slides of park features and activities throughout the year, including parks special events such as the Wildflower Festival, Eagle Watch Tours, Coastal California Oktoberfest, etc. Applicants should have a general knowledge of color and black and white photography and should possess a 35mm or 4x5 format camera. All film, flash and related photographic materials will be provided by the Parks Department. Volunteer photographers work on an "as needed" basis.

Someone is also needed to catalog and form a library of Department slides and photos at the Parks Office in Salinas for 5 to 10 hours a week. All materials will be provided. No previous experience is necessary.

For information on these volunteer positions and more, write the volunteer coordinator, Monterey County Parks, P.O. Box 367, Salinas, CA 93902, or call (408) 424-1971.

Prior to the celebration, from 12:30 to 2 p.m., Ms. Kleefeld will be available for autographs.

On Sunday, December 16, from 2 to 3:30 p.m., Ms. Kleefeld will be at Walden Books in the Del Monte Center.

For more information call the Thunderbird Bookstore at 624-1803 or Walden Books at 373-0987.

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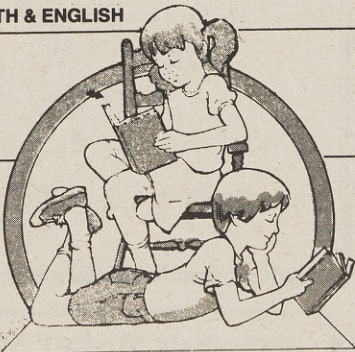
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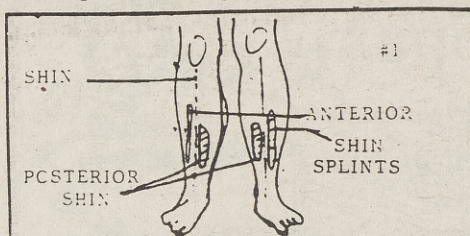
ON THE RUN

Tips On Staying Fit While Keeping Fit

by Richard K McGarry, D.P.M.

Shin splints is another overuse injury which is commonly associated with the unconditioned athlete. The beginning jogger is more susceptible to shin splints as compared with the conditioned jogger/runner. The beginning jogger, who may have been sedentary for quite some years, will often try to increase mileage and pace in order to keep up with a more experienced jogger. The beginning runner may also feel that he should be able to run the way he did when he was younger. Established runners are not immune to shin splints, especially when preparing for an event such as a marathon. Without proper conditioning, shin splints may occur when there is a rapid increase in mileage, pace, and hill-training.

What are shin splints? The term shin splints is used to describe pain experienced along either side of the shin bone (tibia). (See diagram #1.) Pain is felt in the muscles on either side of the shin bone and also in the area where the muscles attach to the bone. Pain is usually described as a burning, tight, aching, or tearing sensation.



In the early stages of shin splints, the pain is present during the first few minutes of running and then subsides, only to re-occur during the next run. As time goes on, the pain will be present even during daily activities, and especially after periods of rest. During the later stages of shin splints, the pain may be present all the time, even during periods of rest.

Shin splints are divided into two categories, anterior and posterior shin splints. I will discuss them separately because they involve different muscles and are caused by different situations.

Anterior Shin Splints

The pain associated with anterior shin splints is along the outside edge of the shinbone. There are three muscles that are involved in anterior shin splints and whose functions is to pull the ankle up. The purpose of these muscles is to prevent the foot from slapping down to the ground after heel contact. These muscles allow for smooth heel to toe running. If you run on hard surfaces, i.e. asphalt or cement, or down hills, the anterior muscles will have to work much harder to prevent the foot from slapping down. Also tight calf muscles will cause the anterior muscles to be overstrained.

Posterior Shin Splints

Posterior shin splints, as with

anterior shin splints, can involve up to three muscles, which are located under the calf, and will be referred to as the posterior muscle group. The pain associated with posterior shin splints is found along the inside edge of the shin bone. The main function of these muscles is to prevent excessive pronation of the foot (rolling in of the foot and flattening of the arch). A good way to determine if you have feet that pronate excessively is to have a friend run behind you and evaluate how much your heels roll in. If you have the type of foot that does pronate, you have to be very careful a) not to wear improper or worn out shoes that won't support the foot and; b) not to run on surfaces that are banked and either excessively hard or soft, otherwise you are likely to get shin splints. Running causes the muscles in the back of the leg to become very tight, especially the calf muscle. Tight calf muscles cause the foot to pronate excessively.

Treatment

Anterior shin splints—The key factor in treating anterior shin splints is to reduce the shock of the foot at heel strike.

1) Training: avoid hard surfaces and run on dirt, grass, cinder track; this will decrease the shock at heel contact. Avoid hills, especially on the down slope, as this causes an increase force at heel strike.

2) Shoe gear: wear shoes with good shock absorbing characteristics.

3) Stretching: concentrate on stretching your calf and hamstrings before and after running.

4) Strengthening: it is important to strengthen the anterior muscles. Place a weight around your foot (a purse or ankle weight works well) and move your foot up and down. Start with five pounds with 15 repetitions and build up slowly. See illustration #2.

5) Anti-inflammatory Therapy: icing plays an important role in decreasing swelling and pain; I recommend applying the ice for 6-8 minutes before and 12-15 minutes after running. I also recommend 2 aspirin four times a day, preferably with meals, to reduce inflammation.

6) Shoe modification: SPENCO and SORBOTHANE innersoles are two of the better shock absorbing materials available.



Posterior shin splints—The treatment of posterior shin splints revolves around reducing and eliminating excessive pronation of the foot, thus preventing the overuse or straining of the muscles that support the foot and control pronation.

1) Training: reduce running to pre-pain training levels; avoid hard surfaces and especially very soft surfaces such as sand and/or thick grass. The soft surfaces will cause the foot to pronate excessively, as does running on banked surfaces.

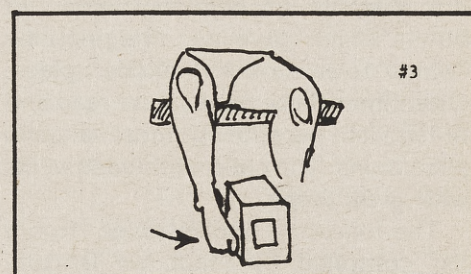
2) Shoe gear: you will need a running shoe with a sturdy heel counter and a firm sole in order to reduce pronation of the foot.

3) Shoe modification: over-the-counter foot orthotics (modified arch supports) will give the foot some support and help reduce foot pronation. If the over-the-counter orthotic is not effective in controlling your foot, I recommend a prescription orthotic made by sports podiatrist.

4) Stretching: it's important to stretch your tight calf muscles, which shorten with running and cause a strong pronation force on the foot. I recommend stretching before and after running.

5) Strengthening: sit in a chair and push against either a large brick or another chair with the inside of your foot, as shown in diagram #3. This exercise will help strengthen and rehabilitate the main muscle involved in posterior shin splints.

6) Anti-inflammatory Therapy: these are very important; follow the procedure outlines in treatment for anterior shin splints.



In the event that after following these guidelines, your pain is still present, stop running and seek professional help from a sports podiatrist or sports orthopedist.

It is not too uncommon to develop small breaks called stress fractures in the shin bone. The pain associated with these fractures mimics the pain of shin splints. A stress fracture is not caused by a direct blow or trauma, but rather from overstress of the bone. While running a force of 3-5 times our body weight goes through our legs, and when you consider how many thousands of steps we take in a run, it is understandable how a stress factor could develop. At present, I am treating two experienced runners who presented me with what they felt were shin splints. Actually, they were suffering from a stress fracture. Stress fractures are treated easily. Usually a runner will be instructed to temporarily switch to swimming and bicycling or other non-running activity.

In general, most runners with shin splints respond well to the above treatment, and after becoming pain-free, they can slowly increase mileage, pace, and hill work to their desired level.

New Aikido Class Will Begin In January

The martial art of Aikido will be taught at the Carmel Country Spa beginning January 15. Classes will be from 6:30 to 8 p.m. on Tuesdays, Thursdays and Fridays.

The instructor will be Steve Davalos, who holds a second degree black belt in the art. Davalos currently teaches at the Monterey Dojo.

There will be a \$5 registration fee as well as a \$30 monthly class fee.

Those interested can call for more information at 625-2692 or Mary Tesoro at 659-2041.



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Vision And Driving Safe
continued from last issue

by Drs. Irving and Kim Hartford

Speed In The Highway Setting

In the highway setting there are many things that influence how you see and react. Speed plays a very important role. High speeds being their own factors to the highway setting. Dynamic visual changes come in to play as your foot bears down on the accelerator.

Visual concentration increases. Higher speeds bring a more intense, concentrated pattern to eye movements; from looking in many directions over a wide and high area to looking in a few directions over a small area. Visual attention spirals in toward a "bull's-eye".

These monotonous, restricted eye movements can lead to visual fatigue. Although concentration zeroes in on targets ahead, ability to correctly "read" and interpret may be impaired. The solution is to purposely widen eye movements to reduce visual monotony.

Focus of attention moves ahead. Speed increases the need to see further ahead and this, in turn, affects the time available for decision making.

With eyes focused on distant objects, closer objects generally fade in detail. Other, less detailed, visual information takes on added significance. Light bounced from retroreflective paint helps the driver to stay within those all-important center and edge road lines. A triangle or long rectangle stands out more than a circle or octagon. Yellow or white colors outstrip red or blue for visibility.

Depth perception becomes difficult. High speeds lessen the time available and add critical importance to the driver's ability to make quick, long distance judgements about the position of objects.

High speeds make depth perception judgements critical, but information available on which to base judgements

actually decreases. This happens because visual clues, like differences in brightness, size, angle and overlapping that help the driver judge depth must be gathered more quickly than at a slower speed. Some visual clues, such as size variances, are not as pronounced at far distances.

Depth perception can also be seriously impaired when the eyes don't work as a team. The unsuspecting driver with poor eye coordination may experience double vision, especially at night.

Influences on the driving environment are not limited to motorists, their vehicles, and the highway systems they travel. Driving errors often increase when a driver is affected by anxiety, over-eating, fatigue, smoking, certain medications and, worst of all, drugs and alcohol. Other factors also include attitudes about vision and driving, the type of driving training offered and the community emphasis on highway safety programs.

Safe driving requires efficient vision. Each of us must open our eyes to the role of vision on the road. By taking proper care of our vision and continuing to "watch out for the other guy" we can make driving a safe and enjoyable experience.

Two Free Seminars Will Be Offered In December

Carmel physician, Abraham Kryger, M.D., will be holding two seminars in during December.

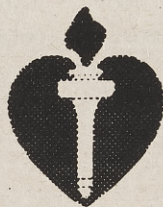
The first seminar will be 2 to 4 p.m. December 15, at the Crossroads Community Room. His topic will be "Acupuncture: The Current Status of Acupuncture and the Treatment of Sports-Related Injuries." Dr. Kryger has worked extensively with sports injuries and this seminar will include the latest in the treatment of these injuries and acupuncture therapy.

The second seminar will be held from noon to 2 p.m. December 19, at the Thunderbird Book Store in the Barnyard. That seminar will be on "Nutrition and the Holidays." Special attention will be paid to the effects of sugar and alcohol. Special areas of interest will be: sweets and their relationship to cancer and infection, cardiovascular effects of caffeine and alcohol, and nutritional therapy.

Both seminars will begin with a lecture, followed by a question and answer period. There is no charge for the seminars.

For more information call 624-4663.

HELP YOUR HEART



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The holiday season is a great time to get together with relatives and friends. Such gatherings may have a beneficial effect on our hearts if they occur regularly.

Recent scientific evidence suggests that people who have close friends and family ties and belong to social and

religious groups may be less prone to heart disease and other illnesses than people who are loners. "Relationships with other people have important consequences for health," S. Leonard Syme, Ph.D., professor at the University of California School of Public Health, Berkeley, said at an American

Heart Association conference.

His research team's efforts are directed at preventing heart disease. The problem with prevention is that the known risk factors—high levels of cholesterol in the blood, high blood pressure, and smoking—while important, leave many cases of heart disease unexplained, Dr. Syme said. Only 10 percent of men with two or more of the risk factors actually develop heart disease over a 10 year period, he pointed out. Other factors must also be important.

Dr. Syme and his co-workers have spent more than a decade searching for the other factors. To shed more light on the importance of maintaining family and social ties, the researchers studied 7,000 people chosen at random from Alameda County, Califor-

nia. The scientists found that those who were classified as socially isolated had death rates two to three times higher than those who were more socially involved—independent of other factors such as age, sex, diet, smoking, obesity, social class, medical care.

The idea that social isolation somehow lowers a person's resistance to disease may help explain several findings made by other scientists over the past 10 years or so. Rates of disease are known to be higher among people who change jobs and move from one community to another. Another well-established finding is that divorced, widowed and single people have higher disease rates than married people.

Recovery Center Will Screen Films

Three films will be screened on Wednesdays at The Recovery Center of the Monterey Peninsula during the month of December.

Alcoholism and the Family will be shown December 12; *Romance To Recovery* will be shown December 19; and *I'll Quit Tomorrow* will screen December 26.

The films are shown at 6:30 p.m. in the Education Center behind Monterey Peninsula Hospital. Discussion about alcoholism follows.

The program is free and open to the public.

For more information call 373-0924.

Suicide Is Serious Business

In 1983 a monthly average of 500 of your neighbors and friends recovered their hope by calling the Suicide Prevention Center. Suicidal threats are serious business. If someone you know talks about ending his or her life, get help. Call 649-8008. If you have the commitment to extend a helping

hand, become a volunteer. If you want to contribute a donation to continue this life saving work, call 375-6966. *This message is brought to you by The Suicide Prevention Center which serves all of Monterey County and is a United Way agency.*

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WHERE THERE'S SMOKE

Merry Christmas The Fire Safe Way

'Tis the season to be of good cheer and rejoice with those we love. For most of us, this includes rushing around shopping, wrapping, tree trimming and decorating, cooking, mailing and on and on. We have a lot on our minds and not room for much more to think about. There is one more thing you should remember to insure your holiday be the merriest and that very important thing is FIRE SAFETY.

CHECK YOUR LIST AND MARK IT TWICE!

TREE

Don't buy a tree with shedding needles. A fresh tree will be green and needles are hard to pull from branches.

Cut one inch from the trunk. Mount the tree in a sturdy, water holding stand. Large trees should be fastened to ceiling or walls with guy wires. Keep the stand full of water—you will be surprised how much water the tree will drink!

Place the tree carefully, away from the fireplace, heater vent or other heat source. Place the tree out of the way of household traffic areas and doorways.

Plastic or artificial trees should have a fire retardant label.

TRIMMINGS AND DECORATIONS

Indoor and outdoor lighting sets should be labeled by a safety agency such as (UL (Underwriters Laboratory).

Inspect for ware or damage such as cracked sockets, frayed or bare wires, loose connections.

Don't use indoor lights out of doors and vice versa. Only weatherproof lights should be used outdoors.

Don't overload extension cords, electrical outlets or circuits.

Never use lights on a metallic tree—they can become charged with electricity. To avoid this danger, use a spot light beside the tree.

Turn off all tree lights before you go to bed or leave the house. Lights could short and start a fire.

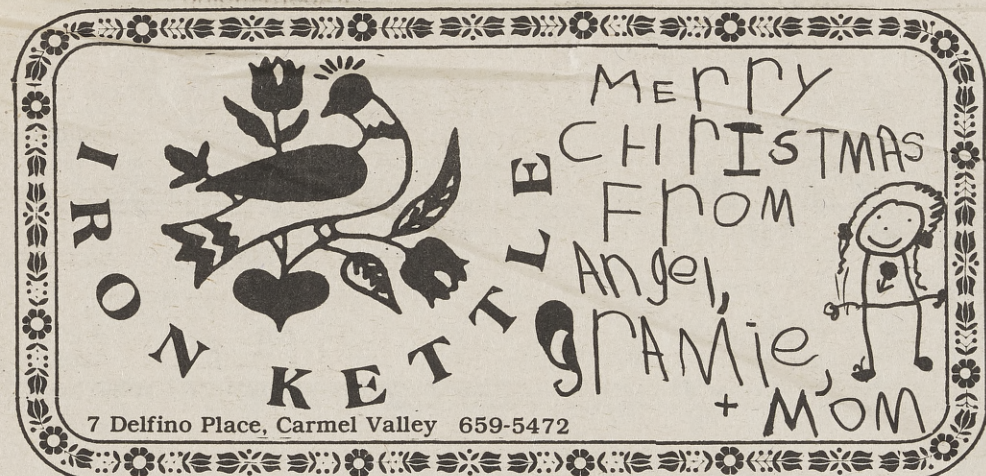
Never use lighted candles on a tree or near other evergreens.

Use non-flammable candle holders. Keep candles away from decorations and wrapping paper. Place candles where they will not be knocked over.

Artificial snow sprays can irritate lungs if inhaled. To avoid injury read container label and follow directions.

Don't leave small children unattended near the Christmas tree or decorations. Avoid decorations that are sharp or breakable. Keep trimmings with small removable parts out of reach. Pieces could be swallowed. Avoid trimmings that resemble candy or food that might tempt a child.

P.S. Be sure the fireplace ashes are cold on Christmas Eve—for Old Saint Nick!



The Iron Kettle will be closed for the holidays from Thursday, December 20, 1984 until Tuesday, January 8, 1985 — Warm and Happy Holidays to. See you next year Donna

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EXPRESSIONS

Valley Song

by Joseph Stevens

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and man was yet but few
This Earth did struggle to create
a regal center magistrate
Whereby looking you could see
its beauty ruled sky, and sea
Now in this land so vast and fair
this valley stands like angels hair
Gold and gleaming, groomed with care
creations trophy, fine and rare
How glorious for us to see
this peaceful essence, still and free
And to feel that we will be,
etched into its history.....

Miracles

by Audry Cowan

As a substitute teacher of music in a black Junior High School, it fell to me to direct a Christmas Special. There was to be a PTA meeting, a visiting choir, and us—Dear God!

I scouted around large furniture stores for large packing boxes and begged the seventh grade art teacher for animals—a creche scene, whatever. The band leader came forth with a drummer boy. Jeweled crowns for three kings were made. Whole scenes began to shape up.

After finding a room in which to practice and a wonderfully friendly piano teacher, we began. Suprisingly, kids actually showed up—so many kids that discipline problems started to outshow musical ability.

This went on for a month, still something was truly lacking. One rehearsal finally found me getting up on the piano bench.

"Hey!", I shouted, "Something is missing here!"

"Yeah, Man," some older boys laughed, "We can't sing!"

"Look," I began again, "You know what soul is, don't you? I hear it in your music all the time. Well, how about some soul here? Baby Jesus is born; I want to know it; and smile, I want to hear it."

Well, interestingly enough, we still had problems, but the creche scene with figures and animals was beautiful. The kids sang with true soul and, you know, there was a strange glow around Baby Jesus' cardboard manger. Who says that miracles don't happen.

continued from page 6
ing or night gift bringers come. For Christians, it is the holiest night of the year.

December 25—Christmas Day

The Feast of the Nativity of Our Lord. A holiday celebrated at church and/or at home. A family occasion with feasting and gifts.

December 26—St. Stephan's Day

There are two saints of that name which this day commemorates, one a Christian martyr and the other the patron saint of horses. This is a day of visiting friends and relatives, often celebrated with games and sports—particularly those connected with horses.

December 27—Feast of John

John, one of the Apostles, 'the Beloved' of Jesus. This day also, where celebrated, is a day of visiting. In parts of Germany and Austria, the wine to be drunk at home during the coming year was blessed by the priest.

December 28—Holy Innocents' Day or Childermas

Commemorates Herod's massacre of the children. In the Eastern churches the massacre is commemorated on December 29. This day is felt to be particularly unlucky on which to marry or to start any new venture.

December 31—New Year's Eve and St. Sylvester's Day

St. Sylvester was a third century pope and his day is observed in many parts of Europe with ceremonies connected with the New Year. New Year's Eve is associated with turning your back on the past and starting afresh in the coming year, celebrated with noise, merrymaking, and parties. In Scotland it is called Hogmanay.

January 1—New Year's Day, also the

Feast of the Circumcision of Jesus Christ and St. Basil's Day

A public holiday everywhere. What happens on this day is held to set the pattern for the rest of the year. This is a day of celebration of Christ's submission to the Jewish law. Greece celebrates the feast of St. Basil, fourth century Bishop of Caesarea and traditionally Basilo cakes are eaten. There is a Mumpers' Day Parade in Philadelphia and The Rose Parade and Rose Bowl Football Game have been held annually in Pasadena since 1886.

January 5—Epiphany Eve or Twelfth Night

This night the Three Magi and Befana, bring the last of the season's gifts. It is also celebrated with parties featuring the Twelfth Night cake and presided over by a King and Queen.

January 6—Epiphany

Today is the celebration of the arrival of the Three Magi at the Bethlehem stable, Christ's baptism and the first miracle, when Jesus turned water into wine at the wedding feast in Cana. In Ireland the day is called Women's Christmas or Little Christmas. This day marks the end of the Christmas season and all decorations are taken down.

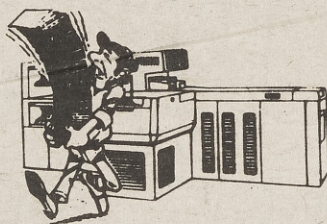
January 13—St. Knut's Day

End of the Christmas season in Sweden, so-named because Canute (Knut) the Great banned fasting from Christmas to the Octave of Epiphany—January 13.

February 2—Candlemas

Date of Christ's presentation in the Temple and the Purification of the Virgin. Candles are blessed in church for the coming year, and we say our final farewells to Christmas.

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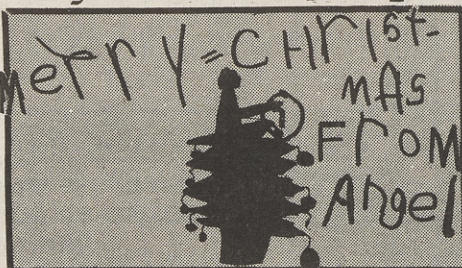
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Chairs, Tables, China, Flatware,
paper napkins & plates...Everything
For your holiday party

Anything you want for your party with 4 days notice.